



## 12 WEEK INTERMEDIATE RUNNER TRAINING PROGRAM - 10KM RUN

By Rod Cedaro

### WEEK ONE: INTRODUCTORY

#### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 20 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 6 X 100-150 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

#### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 3 X 1000 metres at threshold heart rate. Rest (stand still) for 15 seconds then complete the next 1000 metre effort. Cool down as per warm up.

#### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 40 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

#### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 10 minutes, then, without a rest find a moderate incline (4-6%) and complete 4 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

#### Friday:

**EASY RECOVERY JOG:** Jog for 20 minutes at warm up/cool down intensity.

#### Saturday: REST

#### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 60 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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## WEEK TWO: MODERATE WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 30 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 8 X 100-150 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 4 X 1000 metres at threshold heart rate. Rest (stand still) for 15 seconds then complete the next 1000 metre effort. Cool down as per warm up.

### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 50 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 12 minutes, then, without a rest find a moderate incline (4-6%) and complete 6 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 30 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 75 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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### WEEK THREE: HARD WEEK

#### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 40 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 10 X 100-150 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

#### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 5 X 1000 metres at threshold heart rate. Rest (stand still) for 15 seconds then complete the next 1000 metre effort. Cool down as per warm up.

#### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 60 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

#### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 15 minutes, then, without a rest find a moderate incline (4-6%) and complete 8 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

#### Friday:

**EASY RECOVERY JOG:** Jog for 40 minutes at warm up/cool down intensity.

#### Saturday: REST

#### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 90 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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## WEEK FOUR: RECOVERY WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 20 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 6 X 100-150 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 3 X 1000 metres at threshold heart rate. Rest (stand still) for 10 seconds then complete the next 1000 metre effort. Cool down as per warm up.

### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 40 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 10 minutes, then, without a rest find a moderate incline (4-6%) and complete 5 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 25 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 60 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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## WEEK FIVE: HELL WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 45 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 10 X 150 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 6 X 1000 metres at threshold heart rate. Rest (stand still) for 10 seconds then complete the next 1000 metre effort. Cool down as per warm up.

### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 75 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 18 minutes, then, without a rest find a moderate incline (4-6%) and complete 10 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 45 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 100 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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## WEEK SIX: CONSOLIDATION WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 20 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 4 X 100 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 4 X 1000 metres at threshold heart rate. Rest (stand still) for 10 seconds then complete the next 1000 metre effort. Cool down as per warm up.

### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 45 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 8 minutes, then, without a rest find a moderate incline (4-6%) and complete 4 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 25 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 60 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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## WEEK SEVEN: TRANSITION WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 30 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 4 X 150 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 6 X 500 metres, the first two at threshold heart rate followed by a 5 second rest, the next two 5-10bpm higher than threshold heart rate followed by a 10 second rest after each, the last two back at threshold heart rate. Rest by standing still or walking around between the 500 metre effort. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 40 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 10 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**QUALITY RUN:** Warm up for 10 minutes. Complete 6 X 400 metre efforts at slightly faster than threshold intensity, separate each 400 with a 200 metre "float" slightly slower than threshold intensity. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 30 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 60 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include an 12 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK EIGHT: BUILD WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 40 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 8 X 150 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 9 X 500 metres, the first at threshold heart rate followed by a 5 second rest, the second slightly faster followed by a 10 second rest, the third flat out followed by a 20 second rest, then repeat the 1, 2, 3 sequence twice more. Rest by standing still or walking around between the 500 metre effort. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 60 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 12 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**QUALITY RUN:** Warm up for 10 minutes. Complete 8 X 400 metre efforts at slightly faster than threshold intensity, separate each 400 with a 200 metre "float" slightly slower than threshold intensity. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 40 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 90 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include a 15 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK NINE: PEAK WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 45 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 10 X 150 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 12 X 500 metres, the first at threshold heart rate followed by a 5 second rest, the second slightly faster followed by a 10 second rest, the third flat out followed by a 20 second rest, then repeat the 1, 2, 3 sequence another 3 times. Rest by standing still or walking around between the 500 metre effort. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 60 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 15 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**QUALITY RUN:** Warm up for 10 minutes. Complete 8 X 400 metre efforts at slightly faster than threshold intensity, separate each 400 with a 200 metre "float" slightly slower than threshold intensity. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 45 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 100 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include an 18 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK TEN: MODERATION WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 30 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 6 X 150 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD-TOLERANCE RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 5 X 1000 metres, the first two at threshold heart rate followed by a 5 second rest, the third rep 10bpm at least higher than threshold heart rate followed by a 15 second rest, the last two 1000 metre repeats back at threshold heart rate separated by 5 seconds between each. Rest by standing still or walking around between the 1000 metre efforts. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 45 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 8 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**STRAIGHTS AND BENDS:** Warm up for 10 minutes. Complete 6 X 400 metre laps. Stride down the straight considerably faster than race pace, cruise (float) the bend relatively easy before starting your next stride down the straight, followed by another float – this equals one lap, do 6 in this fashion continuously. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 30 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 60 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include an 10 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK ELEVEN: EASY WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 30 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 6 X 100 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD-TOLERANCE RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 3 X 1000 metres, the first at threshold heart rate followed by a 5 second rest, the second rep 10bpm at least higher than threshold heart rate followed by a 15 second rest, the last 1000 back at threshold heart rate. Rest by standing still or walking around between the 1000 metre efforts. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 40 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 6 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**STRAIGHTS AND BENDS:** Warm up for 10 minutes. Complete 5 X 400 metre laps. Stride down the straight considerably faster than race pace, cruise (float) the bend relatively easy before starting your next stride down the straight, followed by another float – this equals one lap, do 5 in this fashion continuously. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 20 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 45 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include an 8 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK TWELVE: TAPER SEQUENCE

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 30 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 6 X 100 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 3000 at your predicted 10,000 metre race pace. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 30 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 5 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**STRAIGHTS AND BENDS:** Warm up for 10 minutes. Complete 4 X 400 metre laps. Stride down the straight considerably faster than race pace, cruise (float) the bend relatively easy before starting your next stride down the straight, followed by another float – this equals one lap, do 4 in this fashion continuously. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG AND STRIDES:** Jog for 20 minutes at warm up/cool down intensity. Throughout this period include 6 X 45 second pick ups to slightly faster than race pace spread throughout the run.

### Saturday:

**EASY RECOVERY JOG AND STRIDES:** Jog for 15 minutes at warm up/cool down intensity. Throughout this period include 6 X 30 second pick ups to slightly faster than race pace spread throughout the run.

### Sunday: RACE

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