



Running Plan 10 km Intermediate

(Jog: 8-10 km/h; Run 10-13 km/h; Sprint 14-19 km/h)

	Running Schedule	✓
Week 1, Day 1	10 min Jog (posture!)	
Week 1, Day 2	10 min Timed Interval Run: 2 min warm up Jog, then alternate 1 min Run, one min Jog)	
Week 1, Day 3	10 min Run	
Week 2, Day 1	20 min Jog (posture!)	
Week 2, Day 2	20 min Timed Interval Run: 3 min warm up Jog, then alternate: 2 min Run, 1 min Jog	
Week 2, Day 3	20 min Run	
Week 3, Day 1	30 min Jog (last min: Sprint)	
Week 3, Day 2	30 min Timed Interval Run: 5 min warm up, alternate times: 2 min Run, 1 min Jog	
Week 3, Day 3	5km long Run	
Week 4, Day 1	40 min Jog (last min: Sprint)	
Week 4, Day 2	10 min Timed Interval Run: 2 min warm up, 1 min Jog, 1 min Sprint	
Week 4, Day 3	40 min Long Run	
Week 5, Day 1	50 min Jog (last min: Sprint)	
Week 5, Day 2	30 min Hill Run: 5 min warm up, alternate for 25 min on a hill: 2 min fast up-hill, slow down-hill	
Week 5, Day 3	8 km Run	
Week 6, Day 1	1 h cross training cardio (treadmill, rowing, cross-trainer)	
Week 6, Day 2	20 min Timed Interval Run: 2 min warm up, 1 min Jog, 1 min Sprint (afterwards min 2 days rest)	
Week 6, Day 3	10 km Run	