



RUNMUMS

RUNMUMS Intermediate 10k Programme

This Intermediate 10k Training Plan is designed to get those who can comfortably run a 10k and perhaps a half-marathon already. At this stage you are probably already doing a minimum of 15-miles a week and have comfortably completed our RUNMUMS Beginners to 10k Programme.

Just a few things to bear in mind:

- Follow our RUNMUMS 10K plan and make a commitment to run three times a week. It does not matter which days are your run days but allow at least one rest day between each run when you first begin.
- Each of the three runs is designed:
 - One easy run designed to run at a conversational pace. So, if in doubt slow down.
 - One slightly harder session to try and get the heart rate up by including some hills and/or speed work. Try and maintain good form and pace. It will feel harder, but it will make you stronger.
 - One longer run on or off-road. These are designed as slow, steady, gradual increases in your weekly mileage.
- Always start with a 5-minute warm-up jog or walk with some dynamic stretches.
- Always finish with a 5-10 stretching programme.
- There is nothing to suggest you need to run continuously either. If you feel tired, then walk until recovered but try and walk purposefully if you can.
- Rest and recovery days are just as important as run days; without them you will not improve. It allows your muscles to recover and build up strength.
- An option for those in-between rest days is to stretch, do some core strength training, or cross train such as biking, swimming, walking, Pilates, depending on how your body feels, but do not do too much that you burn yourself out.
- Unless you've planned to do a 10K event, then don't be afraid to repeat a week or drop back a week. Everyone is different.
- You can start at any stage depending on your current level of fitness.
- The programme is only a guide so please feel free to make any minor changes or swap the days around, but just make sure you have that rest day in between those runs.

Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.

Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	2.5-mile easy run	Rest day or swim walk or cross train.	3-mile steady run with a couple of hills.	Swim, walk or cross train.	Rest	3-mile easy/ steady run
2	Rest	3-mile steady run	Rest day or swim walk or cross train.	4-mile steady run with a couple of hills.	Swim, walk or cross train.	Rest	4-mile steady run
3	Rest	3.5-mile steady run	Rest day or swim walk or cross train.	4-mile run with a couple of hills.	Swim, walk or cross train.	Rest	5-mile steady run
4	Rest	4-mile steady run	Rest day or swim walk or cross train.	5-mile run with a couple of hills	2-mile easy run, stretches	Rest	6-mile steady run
5	Rest	4.5-mile steady run	Rest day or swim walk or cross train.	5-mile run with a couple of hills	2.5-mile easy run, stretches	Rest	7-mile steady run
6	Rest	4-mile steady run inc 4 x 100m at faster pace (walk to recover)	Rest day or swim walk or cross train.	6-mile run with a couple of hills.	2.5-mile easy run, stretches	Rest	7-mile steady run
7	Rest	4.5-mile steady run inc 4 x 100m at faster pace (walk to recover)	Rest day or swim walk or cross train.	5-mile run with a couple of hills.	2-mile easy run, stretches	Rest	6-mile steady run
8	Rest	3-mile steady run, 4 x 100m faster runs (walk in between)	3-mile steady run	Rest Day	2-mile easy run, 4 x 100m faster runs (walk in between)	Rest	10K Race Day

Congratulations on reaching your 10k GOAL!