



INTERMEDIATE TRAINING PLAN

10 week Training Programme, prepared by
Rio Olympic marathon runner Sonia Samuels

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEK 1

Rest

Warm Up 10min easy running.
8 x 75s @5min/k pace
(1min recovery).
Warm down 10min easy running.

30min
easy run.

6k run start easy then pick up
the last 2k to 5.30-45min/k pace

Rest

Warm-Up 15min
4 x 5min @ 5-5.10/k pace
(2-3min recovery btw efforts)
Warm down 10min

10k
easy run

WEEK 2

Rest

Warm Up 10min easy running.
6 x 2min @5-5.10min/k pace
(90s recovery).
Warm down 10min easy running.

30min
easy run.

6k run start easy then pick up
the last 2k to 5.30-45min/k pace

Rest

Warm-Up 15min
2 x 10min @ 5.10-20/k pace
(3-4min recovery btw efforts)
Warm down 10min

10-12k
easy run

WEEK 3

Rest

Warm Up 10min easy running.
5 x 3min @5-5.10min/k pace
(90s recovery).
Warm down 10min easy running.

35min
easy run.

6k run start easy then pick up
the last 2k to 5.30-45min/k pace.
Finish with 6 x 100m hills sprints
with walk/jog back recovery.

Rest

Warm-Up 15min,
20min @ 5.15-25/k pace.
Warm down 10min

12-14k
easy run

WEEK 4

Rest

Warm Up 10min easy running.
10-12 x 90s @4.45-50min/k pace
(2min recovery).
Warm down 10min easy running.

35-40min
easy run.

6k run start easy then pick up
the last 2k to 5.30-45min/k pace.
Finish with 6 x 100m hills sprints
with walk/jog back recovery.

Rest

Warm-Up 15min
4 x 5min @ 5-5.05/k pace
(2-3min recovery btw efforts)
Warm down 10min

12-14k
easy run

WEEK 5

Rest

Warm Up 10min easy running.
6 x 3min @4.50-5min/k pace
(2min recovery).
Warm down 10min easy running.

35-40min
easy run.

6k run: 2k@ 6min/k pace,
2k @ 6.45 2k @ 5.30min/k pace.

Rest

Warm-Up 15min
3 x 10min @ 5.10-15/k pace
(3-4min recovery btw efforts)
Warm down 10min

14-15k
easy run

WEEK 6

Rest

Warm Up 10min easy running.
5 x 4min @4.50-5min/k pace
(2min recovery).
Warm down 10min easy running.

40-45min
easy run.

6k run start easy then pick up
the last 2k to 5.30-45min/k pace.
Finish with 6 x 100m hills sprints
with walk/jog back recovery.

Rest

Warm-Up 15min,
25min @ 5.10-20/k pace.
Warm down 10min

14-15k
easy run

WEEK 7

Rest

Warm Up 10min easy running.
10-12 x 90s @4.35-40min/k pace
(2min recovery).
Warm down 10min easy running.

40-45min
easy run.

6k run: 2k@ 6min/k pace,
2k @ 6.45 2k @ 5.30min/k pace.

Rest

Warm-Up 15min
4 x 5min @ 5/k pace
(2-3min recovery btw efforts)
Warm down 10min

15-16k
easy run

WEEK 8

Rest

Warm Up 10min easy running.
6 x 3min @4.40-45min/k pace
(2min recovery).
Warm down 10min easy running.

40-45min
easy run.

6k run start easy then pick up
the last 2k to 5.30-45min/k pace.
Finish with 6 x 100m hills sprints
with walk/jog back recovery.

Rest

Warm-Up 15min
3 x 10min @ 5-5.05/k pace
(3-4min recovery btw efforts)
Warm down 10min

16-17k
easy run

WEEK 9

Rest

Warm Up 10min easy running.
10-12 x 90s @4.30-40min/k pace
(2min recovery).
Warm down 10min easy running.

35-40min
easy run.

6k run: 2k@ 6min/k pace,
2k @ 6.45 2k @ 5.30min/k pace.

Rest

Warm-Up 15min,
25min @ 5min/k pace
Warm down 10min

12k
easy run

WEEK 10

Rest

Warm Up 10min easy running.
6 x 2min @4.35-40min/k pace
(90s recovery).
Warm down 10min easy running.

30-35min
easy run.

6k run start easy then pick up
the last 2k to 5.30-45min/k pace

Rest

Very easy 20min run

RACE