

Run Forrest

Intermediate 10km Program



By GPC Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 3km easy run on hilly trail	Day Off	30min Pace Set: 5mins easy + 20mins as 1min steady pace + 1min easy pace + 5mins easy	Day Off	6km Pace Set: 1km easy jog + 4km steady pace + 1km easy jog	Easy Run: 8-9km easy run on hilly trail
Week 2	40mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 3km easy run on hilly trail	30min Hill Reps Set: Incl. 2 sets of 200 hill or stair reps + work the down the hill	30min Pace Set: 5mins easy + 20mins as 1min hard pace + 1min easy pace + 5mins easy	Day Off	6km Pace Set: 1km easy jog + 4km steady to hard pace + 1km easy jog	Easy Run: 8-10km easy run on hilly trail
Week 3	50mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 4km easy run on hilly trail	40min Hill Reps Set: Incl. 4 sets of 200 hill or stair reps + work the down the hill	30min Pace Set: 5mins easy + 30mins as 1min max pace + 1min easy pace + 5mins easy	Day Off	8km Pace Set: 1km easy jog + 6km steady to hard pace + 1km easy jog	Easy Run: 9-11km easy run on hilly trail
Week 4	50mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 5km easy run on hilly trail	45min Hill Reps Set: Incl. 6 sets of 200 hill or stair reps + work the down the hill	40min Pace Set: 5mins easy + 30mins as 1min hard pace + 1min easy pace + 5mins easy	Day Off	10km Pace Set: 2km easy jog + 6km steady to hard pace + 2km easy jog	Easy Run: 10-12km easy run on hilly trail
Week 5	60mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 6km easy run on hilly trail	50min Hill Reps Set: Incl. 8 sets of 200 hill or stair reps + work the down the hill	60min Pace Set: 10mins easy + 40mins as 1min hard pace + 1min easy pace + 10mins easy	Day Off	12km Pace Set: 2km easy jog + 8km steady to hard pace + 2km easy jog	Easy Run: 11-13km easy run on hilly trail
Week 6	60mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 5km easy run on hilly trail	60min Hill Reps Set: Incl. 10 sets of 200 hill or stair reps hard pace + recovery down the hill	60min Pace Set: 10mins easy + 40mins as 1min max pace + 1min easy pace + 10mins easy	Day Off	14km Pace Set: 2km easy jog + 10km steady to hard pace + 2km easy jog	Easy Run: 12-14km easy run on hilly trail
Week 7	30mins Easy Cross Training: swim, cycle, gym, row or power walk	Day Off	Easy Run: 10-12km easy run on hilly trail	Race Prep Set: 10km incl. 10x 30sec accel. Pace + 90sec easy	Day Off	Race Prep: 30mins easy jog incl. 10 sets of 100m accelerating pace + walk back recovery	Race Day: Warm Up is 10-15mins easy jog with 5 x 10sec accelerating efforts.