

# BWCI Mind 10km - Intermediate Training plan



Our Intermediate schedule is an 8 week plan aimed at individuals currently running a minimum of 2-3 times per week regularly and looking to progress the structure & intensity of their training. You should be already be capable of running 40-45mins as a minimum.

Whatever your level or experience make sure to follow our 6 golden rules at all times (see below)

	Monday 16-Jul-16	Tuesday 17-Jul-16	Wednesday 18-Jul-16	Thursday 19-Jul-16	Friday 20-Jul-16	Saturday 21-Jul-16	Sunday 22-Jul-16	Tips & reminders:
8 wks to go	Rest or light exercise day	optional rest or conditioning day	40min easy run	optional rest or conditioning day	45min easy progressive run, very easy first 10-15mins then increasing the pace gradually each mile (approx 10secs per mile)	Complete rest day	50min easy into aerobic effort run	Cliché as it is take things one run at a time, don't worry the pace run to feel using our simple training reference guide below.
	Monday 23-Jul-16	Tuesday 24-Jul-16	Wednesday 25-Jul-16	Thursday 26-Jul-16	Friday 27-Jul-16	Saturday 28-Jul-16	Sunday 29-Jul-16	Notes & reminders...
7 wks to go	Rest or light exercise day	optional rest or conditioning day	45min run - easy 15min jog to warm up then into 20min brisk tempo (approx. midway btwn your average 5km pace & aerobic run pace - as a guide), 10' jog c/down.	optional rest or conditioning day	40min easy run	Complete rest day	60min easy into aerobic effort run	Rest is as important as the training. If you're running 3 times p/wk ensure you space your running with at least 1 none running day between.
	Monday 30-Jul-16	Tuesday 31-Jul-16	Wednesday 01-Aug-16	Thursday 02-Aug-16	Friday 03-Aug-16	Saturday 04-Aug-16	Sunday 05-Aug-16	Notes & reminders...
6 wks to go	Rest or light exercise day	optional rest or conditioning day	Fartlek: 10min easy jog, then 8 x 1min efforts a little faster than your estimated 5km pace with 1min easy jog between, 10min easy jog after as a jog cool down	optional rest or conditioning day	Complete rest day	Parkrun - 5km (Pembroke) 9am	40min easy run	Participating in one of the suggested events (Fri or Sat) is great way to put a marker in the sand. We suggest choosing one of the two events listed.

	Monday 06-Aug-16	Tuesday 07-Aug-16	Wednesday 08-Aug-16	Thursday 09-Aug-16	Friday 10-Aug-16	Saturday 11-Aug-16	Sunday 12-Aug-16	Notes & reminders...
5 wks to go	Rest or light exercise day	optional rest or conditioning day	Fartlek: 10min easy jog, then 5 x 3min efforts at approx/estimated 10km pace i.e. approx 20-30secs per mile slow than your 5km pace - think moderate effort) off 1min jog recovery. . 5-10mins easy jog after as a jog cool down	optional rest or conditioning day	40min easy run	Complete rest day	70mins asy into aerobic effort run	Remember to mobilise your joints & muscles before a run & ensure the start of your runs is at an easy pace, better still also walk for 5mins before and after running too!
	Monday 13-Aug-16	Tuesday 14-Aug-16	Wednesday 15-Aug-16	Thursday 16-Aug-16	Friday 17-Aug-16	Saturday 18-Aug-16	Sunday 19-Aug-16	Notes & reminders...
4 wks to go	Rest or light exercise day	optional rest or conditioning day	Fartlek: 10min easy jog, then 4 x 2min & 4 x 1min all efforts a little faster than your 5km pace with 1min easy jog between, 10min easy jog after as a jog cool down	optional rest or conditioning day	Complete rest day	Parkrun - 5km (Pembroke) 9am	50min easy run	Every thought about joining a group for some of your training? Why not checkout our groups - <a href="http://www.leemerrienrunning.com/groups">www.leemerrienrunning.com/groups</a>
	Monday 20-Aug-16	Tuesday 21-Aug-16	Wednesday 22-Aug-16	Thursday 23-Aug-16	Friday 24-Aug-16	Saturday 25-Aug-16	Sunday 26-Aug-16	Notes & reminders...
3 wks to go	Rest or light exercise day	optional rest or conditioning day	Fartlek: 10min easy jog, then 5 x 4min efforts at approx target/estimated 10km pace off 90secs jog recovery. 5-10mins easy jog after as a jog cool down	optional rest or conditioning day	40min easy run	Complete rest day	70' easy into aerobic effort run	Why not try meeting a friend for a run? With a commitment you are more likely to get it done & may enjoy the company.

	Monday 27-Aug-16	Tuesday 28-Aug-16	Wednesday 29-Aug-16	Thursday 30-Aug-16	Friday 31-Aug-16	Saturday 01-Sep-16	Sunday 02-Sep-16	Notes & reminders...
<b>2 wks to go</b>	Rest or light exercise day	optional rest or conditioning day	45min easy progressive run similar to 26th July.	optional rest or conditioning day	Fartlek: 10min easy jog, then 4-5 x 5min efforts at approx/est. 10km pace off 2min slow jog recovery. 5-10mins easy jog after as a jog cool down	Complete rest day	40-45' very easy run	The last 9-10 days in the lead up the main event should start to see your training tapered back in order to ensure you are fresh and fully recovered from the training you have done.
	Monday 03-Sep-16	Tuesday 04-Sep-16	Wednesday 05-Sep-16	Thursday 06-Sep-16	Friday 07-Sep-16	Saturday 08-Sep-16	Sunday 09-Sep-16	Notes & reminders...
<b>1 wks to go</b>	Rest or light exercise day (max 30' though)	Complete rest day	Light intervals: 10' jog, followed 6-8 x 1min moderate to brisk efforts (keep the efforts a little easier this week though) 1min walk recovery, 5-10min easy jog cool down	Complete rest day	20' very easy jog	Complete rest day	<b>BWCI Mind 10km</b>	In the last week it's worth remembering you are unlikely to get any fitter now - just more tired. Stick to the plan & keep things easier this week.

### 6 Golden rules & tips to follow...

- 1) **Warm up thoroughly pre-run.** Prepare your body to run each time, checkout & use our 5min pre-run mobility warm up routine. Link here: [https://youtu.be/Z0G6h\\_eDQDk](https://youtu.be/Z0G6h_eDQDk)
- 2) **Start your all run very easy** - as well as a pre-run mobility warm up start all runs or training sessions very easy for at least first 5minutes or so.
- 3) **Increase training gradually.** Be sensible, running can be tough on the body, follow the plan & build up gradually.
- 4) **Be Adaptable** - There is no such thing as the perfect training plan - life takes over sometimes be adaptable & prepared to take easier days or reshuffle the training around if required.
- 5) **Set yourself a target** - Working towards a target which is meaningful and challenges you means you are more likely to succeed.
- 6) **Don't just run** - Yes more running will improve running fitness but increasing too much too soon could risk injury. Use low or non-impact cross training to also build aerobic fitness & perform strength training exercises particularly for the hips, core & legs to make your more robust and improve your all-round fitness.

Training guide:	What it is & what it does
Easy / recovery running (although new runners may still find this challenging)	Easy effort running, can aid recovery but still helps develop aerobic fitness particularly in new runners
Aerobic (a.k.a steady paced conversational running)	Even paced but stronger effort (than easy running) but you should still be able to hold conversation, develops aerobic fitness
Tempo running - moderate effort to brisk effort.	Moderate effort - this will feel challenging but should not be an all out effort supports faster work & develops aerobic side
Threshold running - moderately hard effort	Will be closely related to 10km pace (approx 20-30secs p/mile slower than 5km pace) helps top end endurance.
Aerobic capacity - moderate to high intensity.	harder/faster effort usually done as intervals at approx. 5km race pace & faster develop aerobic capacity & mechanics





