

Welcome to the Intermediate Training Program for preparation for the Hamilton 10km



**Hamilton 10km Intermediate Training**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Mon</b>	Rest or xtrain	Rest or xtrain	Rest or xtrain	Rest	Rest	Rest or xtrain
<b>Tue</b>	40 min run	40 min run	40 min run	3 km time trial	40 min run	40 min run
	COMFORTABLE	COMFORTABLE	COMFORTABLE	SPEED	COMFORTABLE	COMFORTABLE
<b>Wed</b>	50 min run	50 min run	50 min run	40 min run	50 min run	50 min run
	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE
<b>Thu</b>	Rest or xtrain	Rest or xtrain	Rest or xtrain	40 min run	Rest or xtrain	Rest or xtrain
				COMFORTABLE		
<b>Fri</b>	15 hill reps	4 x 4 min 45sec SR	4 x 1km, 1 min SR	Rest	50 min run	15 hill reps
	STEADY	SPEED	SPEED		COMFORTABLE	STEADY
<b>Sat</b>	Rest	Rest	Rest	Rest	Rest	Rest
<b>Sun</b>	50 min run	55 min run	1hr run	1hr run Comfortable	1hr run	1hr 10 run
	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE OR 10KM RACE SPEED	COMFORTABLE	COMFORTABLE

