



# 8 WEEK INTERMEDIATE TRAINING PLAN – 10K

## HILL FORM DRILLS EXPLAINED

**Short step** - These are similar to high knees, except you aim to place your feet nearly one after another. Upper knee should have a right angle and toes pointing up (dorsiflexion)

**Long Step** - These are high knees; your feet should be nearly a metre apart per step. Focus on arm movements and posture.

**Bound** - Ever stretched out to leap over a puddle? That's the idea of these. It's a stretched version of high knees, and may take a couple tries to get used to.

**Back Peddle/Sprint** - These are easier, for the back peddle try to reach with each step back, keep your arms moving. For the sprint try to keep the form of the previous steps.



## TRAINING DEFINITIONS

### 1. INTERVAL WORKOUT (IW)

Intervals are varied intensity workouts. Run the distance stated within the time frame (or for the time if you don't know the distance) and recover by walking or jogging slowly the same distance.

### 2. FARTLEKS

Fartleks are tempo style workouts where you run 'on' for a time and then 'off' for a time at a reduced pace; and alternate for the number of sets.

### 3. FORM DRILLS

Form drills make sure you run the right way, which can be a massive help. Each drill is explained above and are to be done up the hill, jog down, until a set is complete.

### 4. GYM/PLYO/CROSSTRaining

These are just gym sessions, as lifting is as important to performance as it is recovery. Plyos are good for active strength building.

### 5. TEMPO RUNS

Tempo is a pace that you should be able to hold for over an hour if you needed to. It's not slow or fast, it's just slightly uncomfortable, just below what your race pace would be.

### 6. SUNDAY LONG RUN

This run may look intimidating by its distance, but it should be a very slow, casual run. It's being used as an active recovery as well as build conditioning.

**Mon****Tues****Weds****Thurs****Fri****Sat****Sun****1**

3k/15 Min Warm Up  
4 x 400 IW @ 1:30-2:00  
W/ equal recovery  
3k/15 Min Cool Down

3k/15 Min Warm Up  
8 x 500 Fartlek @ 2:00  
On - 3:00 Off  
3k/15 Min Cool Down

3k/15 Min Warm Up  
Gym/Plyo Session/Cross  
Training  
3k/15 Cool Down

3k/15 Min Warm Up  
Form Drills (preferably on a hill)  
3 x sets of short step/long  
step/bound/ backpeddle/sprint  
3k/15 Min Cool Down

4-8k/20-40  
Min Easy Run

**REST**

15-24k/45 Min-1 hour  
Easy Long Run

**2**

3k/15 Min Warm Up  
4 x 800 IW @ 3:00-4:00  
W/ 400 m recovery  
3k/15 Min Cool Down

3k/15 Min Warm Up  
1 x 1500 @ Tempo W/  
3 Min Recovery/2 x 800 @  
3:30-4:30 W/2:30 min  
Rec/ 3 x 400 @ 2:00-3:00  
W/ 2 min Rec.  
3k/15 Min Cool Down

3k/15 Min Warm Up  
Gym/Plyo Session/Cross  
Trainin  
3k/15 Cool Down

30-45 Min  
tempo pace

4-8k/20-40  
Min Easy Run

**REST**

15-24k/45 Min-1 hour  
Easy Long Run

**3**

4k/20 Min Warm Up  
6 x 400 IW @ 1:30-2:00  
W/ equal recovery  
3k/15 Min Cool Down

3k/15 Min Warm Up  
10 x 500 Fartlek @ 2:00  
On - 3:00 Off  
3k /15 Min Cool Down

3k/15 Min Warm Up  
Gym/Plyo Session/Cross  
Training  
3k/15 Cool Down

3k/15 Min Warm Up  
Form Drills (preferably on a hill)  
3 x sets of short step/long  
step/bound/ backpeddle/sprint  
3k/15 Min Cool Down

4-8 k/20-40  
Min Easy Run

**REST**

15-24 k/45 Min-1 hour  
Easy Long Run

**4**

3k/15 Min Warm Up  
6 x 800 IW @ 3:00-4:00  
W/ 400 m recovery  
3k/15 Min Cool Down

3k/15 Min Warm Up  
1 x 1500 @ Tempo W/  
3 Min Recovery/2 x 800 @  
3:00-4:00 W/2:30 min  
Rec/ 3 x 400 @ 1:30-2:30  
W/ 2 min Rec.  
3k/15 Min Cool Down

3k/15 Min Warm Up  
Gym/Plyo Session/Cross  
Training  
3k/15 Cool Down

3k/15 Min Warm Up  
6 x Hill repeats @ 5k pace  
downhill recovery  
3k/15 Min Cool Down

4-8k/20-40  
Min Easy Run

**REST**

15-24k/45 Min-1 hour  
Easy Long Run

**Mon****Tues****Weds****Thurs****Fri****Sat****Sun****5**

4k/20 Min Warm Up  
8 x 200 Repeats @ 0:35-0:45 sec. W/ equal recovery  
3k/15 Min Cool Down

3k/15 Min Warm Up  
2 x 400/800/1000 Ladder @ 1:30/3:00/3:45  
1:00/2:00/3:00 Rec.  
3k/15 Min Cool Down

4k/20 Min Warm Up  
Gym/Plyo Session/Cross Training  
3k/15 Cool Down

40-55 Min tempo pace

4-8k/20-40 Min Easy Run

**REST**

15-24k/45 Min-1 hour Easy Long Run

**6**

3k/15 Min Warm Up  
6 x 800 IW @ 3:00-4:00 W/ 400 m recovery  
3k/15 Min Cool Down

3k/15 Min Warm Up  
12 x 500 Fartlek @ 2:00 On - 3:00 Off  
3k/15 Min Cool Down

4k/20 Min Warm Up  
Gym/Plyo Session/Cross Training  
3k/15 Cool Down

3k/15 Min Warm Up  
Form Drills (preferably on a hill)  
4 x sets of short step/long step/bound/backpeddle/sprint  
3k/15 Min Cool Down

4-8k/20-40 Min Easy Run

**REST**

15-24k/45 Min-1 hour Easy Long Run

**7**

4k/20 Min Warm Up  
8 x 400 IW @ 1:30-2:00 W/ equal recovery  
3k/15 Min Cool Down

3k/15 Min Warm Up  
2 x 400/800/1000 Ladder @ 1:30/3:00/3:45  
1:00/2:00/3:00 Rec.  
3k/15 Min Cool Down

4k/20 Min Warm Up  
Gym/Plyo Session/Cross Training  
3k/15 Cool Down

40-55 Min tempo pace

4-8k/20-40 Min Easy Run

**REST**

15-24k/45 Min-1 hour Easy Long Run

**8**

3k/15 Min Warm Up  
2 x 100/200/400 Ladder @ 0:15/0:35-0:40/  
1:00-1:15W/equal recovery  
3k/15 Min Cool Down

3k/15 Min Warm Up  
4 x 1000 Fartlek @ 4:00 On - 3:00 Off  
3k/15 Min Cool Down

4k/20 Min Warm Up  
Light: low weight, high reps  
Gym/Plyo Session/Cross Training  
3k/15 Cool Down

35-45 Min tempo pace

4-8 k/20-40 Min Easy Run

**REST****REST****RUN WEEK**

4-8k/20-40 Min Easy Run

3-4k/15-20 min light jog

**Run Day!**

Follow us and share your training journey!



@runinthedarkofficial  
@theruninthedark  
@theruninthedark