



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Team Y

10K Training Program: Intermediate

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------|--------------------|-----------|------------------|--------------------|------|-----------------------|----------|
| 1 | 3 m run + strength | 3 m run | 35 min tempo run | 3 m run + strength | Rest | 60 min cross training | 4 m run |
| 2 | 3 m run + strength | 3.5 m run | 8 x 400 5K pace | 4 m run + strength | Rest | 60 min cross training | 5 m run |
| 3 | 3 m run + strength | 4 mi run | 40 min tempo run | 3 m run + strength | Rest | 60 min cross training | 6 m run |
| 4 | 3 m run + strength | 4.5 m run | 9 x 400 5K pace | 4 m run + strength | Rest | Rest | 5K Race |
| 5 | 3 m run + strength | 5 m run | 45 min tempo run | 3 m run + strength | Rest | 60 min cross training | 6 m run |
| 6 | 3 m run + strength | 5.5 m run | 10 x 400 5K pace | 4 m run + strength | Rest | 60 min cross training | 7 m run |
| 7 | 3 m run + strength | 6 m run | 50 min tempo run | 4 m run + strength | Rest | 60 min cross training | 8 m run |
| 8 | 3 m run + strength | 3 m run | 5 x 400 5K pace | 1-3 m run | Rest | Rest | 10K Race |

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