



INTERMEDIATE TRAINING PLAN

8 WEEK TRAINING PLAN

prepared by Rio Olympic marathon runner Sonia Samuels

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEK 1

Rest

Warm Up 10min easy running
8 x 75s @ 5min/k pace
(1min recovery)
Warm down 10min easy running

Rest

6k run start easy,
last 2k @ 5.30-5.45min/k pace

Rest

Warm-Up 15min
4 x 5min @ 5-5.10min/k pace
(2-3min recovery between efforts)
Warm down 10min

8-10k easy running

WEEK 2

Rest

Warm Up 10min easy running
6 x 2min @ 5-5.10min/k pace
(90s recovery)
Warm down 10min easy running

Rest

6k run start easy,
last 2k @ 5.30-5.45min/k pace

Rest

Warm-Up 15min
2 x 10min @ 5.10-5.20min/k pace
(3-4min recovery between efforts)
Warm down 10min

10k easy running

WEEK 3

Rest

Warm Up 10min easy running
5 x 3min @ 5-5.10min/k pace
(90s recovery)
Warm down 10min easy running

Rest

6k run start easy,
last 2k @ 5.30-5.45min/k pace
Finish with 6 x 100m hills sprints
with walk/jog back recovery

Rest

Warm-Up 15min,
20min @ 5.15-5.25min/k pace
Warm down 10min

10-12k easy running

WEEK 4

Rest

Warm Up 10min easy running
10-12 x 60s @ 4.45-4.50min/k pace
(2min recovery)
Warm down 10min easy running

Rest

6k run start easy,
last 2k @ 5.30-5.45min/k pace
Finish with 6 x 100m hills sprints
with walk/jog back recovery

Rest

Warm-Up 15min
4 x 5min @ 5-5.05min/k pace
(2-3min recovery between efforts)
Warm down 10min

12k easy running

WEEK 5

Rest

Warm Up 10min easy running
6 x 3min @ 4.50-5min/k pace
(2min recovery)
Warm down 10min easy running

Rest

6k run: 2k @ 6min/k pace,
2k @ 6.45min/k pace,
2k @ 5.30min/k pace

Rest

Warm-Up 15min
3 x 10min @ 5.10-5.15min/k pace
(3-4min recovery between efforts)
Warm down 10min

12-14k easy running

WEEK 6

Rest

Warm Up 10min easy running
5 x 3min @ 4.55min/k pace
(2min recovery)
Warm down 10min easy running

Rest

6k run start easy,
last 2k @ 5.30-5.45min/k pace.
Finish with 6 x 100m hills sprints
with walk/jog back recovery.

Rest

Warm-Up 15min,
25min @ 5.10-5.20min/k pace
Warm down 10min

15k easy running

WEEK 7

Rest

Warm Up 10min easy running
10-12 x 90s @ 4.35-4.45min/k pace
(2min recovery)
Warm down 10min easy running

Rest

6k run: 2k @ 6min/k pace,
2k @ 6.45min/k pace,
2k @ 5.30min/k pace.

Rest

Warm-Up 15min
4 x 5min @ 5min/k pace
(2-3min recovery between efforts)
Warm down 10min

10k easy running

WEEK 8

Rest

5k run start easy,
last 2k @ 5.30-5.45min/k pace
Finish with 4 x 100m efforts off
walk back recovery

Rest

Helensburgh 10k
5th May

Rest

10K TARGET PACE:
5min/k / 50mins 10k