

2006 River City 10M Intermediate Program



Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1/23/2006	Easy 30 min run or Off	3x1600m @ 10K pace	Easy 30-45 min run	Tempo Run 3 miles +1m up/1m down	Off or XT	Easy 45 min run +4 strides	7 mile Long Run
2	1/30/2006	Easy 30 min run or Off	10x400 @ 5K pace	Easy 30-45 min run	Hilly Run 5 miles total	Off or XT	Easy 45 min run +4 strides	9 mile Long Run
3	2/6/2006	Easy 30 min run or Off	2 miles Straights & Curves	Easy 30-45 min run	Easy 30 min run	Off or XT	Easy 45 min run +4 strides	7 mile Easy Run
4	2/13/2006	Easy 30 min run or Off	Ladder Workout*	Easy 30-45 min run	Goal Pace Run 4 miles +2m up/1m down	Off or XT	Easy 45 min run +4 strides	10 mile Long Run
5	2/20/2006	Easy 30 min run or Off	5x1000 @ 5K pace	Easy 30-45 min run	Tempo Run 4 miles +1m up/1m down	Off or XT	Easy 45 min run +4 strides	12 mile Progressive Run
6	2/27/2006	Easy 30 min run or Off	2 miles Straights & Curves	Easy 30-45 min run	Hilly Run 7 miles total	Off or XT	Easy 45 min run +4 strides	7 mile run
7	3/6/2006	Easy 30 min run or Off	Mini Ladder Workout **	Easy 30-45 min run	Tempo Run 6 miles +2m up/1m down	Off or XT	Easy 45 min run +4 strides	7 mile run
8	3/13/2006	Easy 30 min run or Off	2 miles Straights & Curves	Easy 30-45 min run	Goal Pace Run 4 miles +2m up/1m down	Off or XT	Easy 4 mile run +4 strides	River City 10M
9	3/20/2006	Easy 30 min run or Off	Easy 20-30 min run	Off	Easy 20-30 min run	Off or XT	Easy 45 min run +4 strides	5 mile run

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1600@10M
1200@10K
800@5K
600@5K
2x400@
sub5K

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1600@10M
800@10K
600@5K
2x400@
sub5K