



Ten Mile - Intermediate Training Program

By Doug Kurtis

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	7	4	Rest	4	5	Rest	5	25
2	8-10km Race	4	Rest	4	5	Rest	5	24
3	7	5	Rest	4	6	Rest	5	27
4	7	5	Rest	5	6	Rest	5	28
5	7	5	Rest	5	6	Rest	5	28
6	8-10km Race	5	Rest	5	7	Rest	6	29
7	8	5	Rest	4	7	Rest	6	30
8	8	4	Rest	4	7	Rest	7	30
9	9	3	Rest	3	6	Rest	5	26
10	4	3	Rest	2	2	Rest	10 Mile Race	21
11	Rest	Rest	3	3	3	Rest	3	12

This is a ten week plan.

You can jump into the week that coincides prior to the date of the race.

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