

2012 ATM Intermediate 15K/10 Miler Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	13-Aug	3m run + strength	4m run	4x800 5K pace	2m run + strength	Rest	6m run	60 min cross
2	20-Aug	3m run + strength	5m run	30min tempo	3m run + strength	Rest	7m run	60 min cross
3	27-Aug	3m run + strength	6m run	5x800 5K pace	4m run + strength	Rest	8m run	60 min cross
4	3-Sep	3m run + strength	4m run	35min tempo	2m run + strength	Rest	4m run	60 min cross
5	10-Sep	3m run + strength	5m run	6x800 5K pace	3m run + strength	Rest	7m run	60 min cross
6	17-Sep	3m run + strength	6m run	40min tempo	4m run + strength	Rest	8m run	60 min cross
7	24-Sep	3m run + strength	4m run	7x800 5K pace	2m run + strength	Rest	4m run	60 min cross
8	1-Oct	3m run + strength	5m run	45min tempo	3m run + strength	Rest	9m run	60 min cross
9	8-Oct	3m run + strength	6m run	8x800 5K pace	4m run + strength	Rest	10m run	60 min cross
10	15-Oct	3m run + strength	4m run	30min tempo	4m run	1-2m run	Rest	Army 10miler

For more details on tempo runs visit <http://halhigdon.com/training/51132/Half-Marathon-Intermediate-Training-Program>

It is wise to consult your doctor before starting a new exercise program.