



Geist 10k Training Plan - 8 Week / Intermediate

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2.5 Miles - Easy	35 min. Tempo	3 Miles - Easy	REST/Cross	3 Miles - Fast	4 Miles - Easy	REST
2	2.5 Miles - Easy	6x400m Rep @ 5K Pace	3 Miles - Easy	REST/Cross	3.5 Miles - Easy	5 Miles - Easy	REST
3	2.5 Miles - Easy	4x Hill Repeats	3 Miles - Easy	REST/Cross	4 Miles - Fast	6 Miles - Easy	REST
4	3 Miles - Easy	40 min. Tempo	4 Miles - Easy	REST/Cross	4.5 Miles - Easy	5k Race/Test	REST
5	3 Miles - Easy	8x400m Rep @ 5K Pace	4 Miles - Easy	REST/Cross	5 Miles - Fast	6 Miles - Easy	REST
6	3 Miles - Easy	5x Hill Repeats	4 Miles - Easy	REST/Cross	5.5 Miles - Easy	7 Miles - Easy	REST
7	3 Miles - Easy	45 min. Tempo	3 Miles - Easy	REST/Cross	6 Miles - Fast	8 Miles - Easy	REST
8	2 Miles - Easy	REST	2 Miles - Easy	REST	2 Miles - Easy	RACE DAY 10K	REST

Explanations

Easy Runs - These are meant to be at a pace where you can hold a conversation. That may be tougher in the beginning and that's totally normal. If you are brand new to running, all runs may feel a bit hard. That is totally normal, so don't get discouraged. If you need to mix in running/walking, do it.

Cross - Any kind of cross training will be helpful here. It can be as simple as some stretching, yoga, weight training etc... Preferably something low to no impact. Great free yoga videos on YouTube as well.

Repeats - For these workouts, do a 1 mile warmup (slow and easy jog), as well as a 1 mile cooldown (also slow and easy jog). In between each repeat do a rest of approx. 50-100% of repeat distance (slow jog). Example: Run 400m, rest 200-400m.

Paces - For runs with specific paces like tempo, interval/repeat, 5k, 10k, etc...

Visit <https://www.jonwaderunning.com/race-training-pace-calculator/> - Here you can calculate race and training paces.