

Tri-State Running Company 10K Training Plan - Intermediate

Week Number	Week Beginning	Tuesday	Thursday	Saturday
1	12-Sep			3 miles
2	19-Sep	Run 24 minutes	Run 24 minutes	4 miles
3	26-Sep	Run 28 minutes	Run 28 minutes	4 miles
4	3-Oct	Run 30 minutes	Run 30 minutes	5 miles
5	10-Oct	Run 35 minutes	Run 35 minutes	5 miles
6	17-Oct	Run 38 minute	Run 38 minutes	6 miles
7	24-Oct	Run 42 minutes	Run 42 minutes	6 miles
8	31-Oct	Run 44 minute	Run 44 minutes	7 miles
9	7-Nov	Run 48 minutes	Run 48 minutes	Run 5K: Turkeyfoot Trot 9AM at St. Barbara Church http://www.turkeyfoottrot.com/
10	14-Nov	Run 52 minutes	Run 52 minutes	Run 5 miles - Meet at Paul Brown Stadium
11	21-Nov	Run 20 minutes - Optional Work out at Store	Thanksgiving Day Race	