



RUN · INTERMEDIATE

Intermediate 10K



10-Week Intermediate 10K Training Plan

Chase a 10K personal best with structured speed and tempo.

EVENT

10K

LEVEL

Intermediate

LENGTH

10 weeks

DAYS / WEEK

5



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 10 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Recovery Run	30 min
30 min continuous		
Wed	Easy Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Easy Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Long Run	49 min
39 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Recovery Run	30 min
30 min continuous		
Wed	Easy Run	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Easy Run	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Long Run	61 min
51 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BASE

Mon	Recovery Run 30 min continuous	30 min
Wed	Easy Run 35 min continuous · 5 min warm-up · 5 min cool-down	45 min
Thu	Easy Run 35 min continuous · 5 min warm-up · 5 min cool-down	45 min
Fri	Easy Run 35 min continuous · 5 min warm-up · 5 min cool-down	45 min
Sun	Long Run 64 min continuous · 5 min warm-up · 5 min cool-down	74 min

Week 4

BUILD

Mon	Recovery Run 30 min continuous	30 min
Wed	Threshold Intervals 2 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	34 min
Thu	Easy Run 18 min continuous · 5 min warm-up · 5 min cool-down	28 min
Fri	Easy Run 18 min continuous · 5 min warm-up · 5 min cool-down	28 min
Sun	Long Run 49 min continuous · 5 min warm-up · 5 min cool-down	59 min

Week 5

BUILD

Mon	Recovery Run 30 min continuous	30 min
Wed	Threshold Intervals 4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Thu	Easy Run 30 min continuous · 5 min warm-up · 5 min cool-down	40 min
Fri	VO2max Intervals 4 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	40 min
Sun	Long Run 71 min continuous · 5 min warm-up · 5 min cool-down	81 min

Week 6

BUILD

Mon	Recovery Run 30 min continuous	30 min
Wed	Threshold Intervals 4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Thu	Easy Run 35 min continuous · 5 min warm-up · 5 min cool-down	45 min
Fri	Easy Run 35 min continuous · 5 min warm-up · 5 min cool-down	45 min
Sun	Long Run 78 min continuous · 5 min warm-up · 5 min cool-down	88 min

Week 7

BUILD

Mon	Recovery Run 30 min continuous	30 min
Wed	Threshold Intervals 5 x (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Thu	Easy Run 25 min continuous · 5 min warm-up · 5 min cool-down	35 min
Fri	VO2max Intervals 4 x (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	40 min
Sun	Long Run 78 min continuous · 5 min warm-up · 5 min cool-down	88 min

Week 8

BUILD

Mon	Recovery Run 30 min continuous	30 min
Wed	Threshold Intervals 4 x (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Thu	Easy Run 26 min continuous · 5 min warm-up · 5 min cool-down	36 min
Fri	VO2max Intervals 4 x (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	40 min
Sun	Long Run 62 min continuous · 5 min warm-up · 5 min cool-down	72 min

Week 9

PEAK

Mon	Recovery Run 30 min continuous	30 min
Wed	VO2max Intervals 4 x (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	40 min
Thu	Easy Run 30 min continuous · 5 min warm-up · 5 min cool-down	40 min
Fri	Threshold Intervals 4 x (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Sun	Long Run 73 min continuous · 5 min warm-up · 5 min cool-down	83 min

Week 10

RACE WEEK

Mon	Recovery Run 30 min continuous	30 min
Wed	Base Run with Strides 1 x 11 min with recoveries · 5 min warm-up · 5 min cool-down	25 min
Thu	Recovery Run 30 min continuous	30 min
Fri	Recovery Run 30 min continuous	30 min
Sun	Race Day: Run RACE 55 min continuous	55 min