

MASTERCARD MINI 10K TRAINING PLAN INTERMEDIATE (8 WEEKS)



This eight-week 10K training plan is perfect for intermediate runners—athletes who have strong base miles and have been running consistently for the past three months. This training plan is designed to be run by time, not mileage. We have incorporated strength training three times each week to help you get stronger and avoid injury. If your current long run is between 35 and 50 minutes, this plan is for you.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Easy run or day off	Speedwork	Easy run, easy cross-training, or day off	Tempo run	Day off	Easy run with drills and strides	Long Run
1	30 minutes at RPE 3-4 or day off	10 minutes at RPE 3-4 w/form drills and strides 4 x (5 minutes at RPE 7, 5 minutes at RPE 3-4) 10 minutes at RPE 3-4 5-10 minutes strength training	Choose one: 30 minutes at RPE 3-4 20 minutes easy cross training - Day off	15 minutes at RPE 3-4 w/form drills and strides 40 minutes at RPE 6-6.5 5 minutes at RPE 3-4 5-10 minutes strength training	Day off	10 minutes at RPE 3-4 4 x (20 seconds at RPE 7-7.5, 40 seconds at RPE 3) 10 minutes at RPE 3-4	45 minutes at RPE 5 5-10 minutes strength training (optional)
2	20 minutes at RPE 3-4 or day off	10 minutes at RPE 3-4 w/form drills and strides 6 x (2 minutes uphill at RPE 7-8, jog-down recovery at RPE 3-4) 10 minutes at RPE 3-4 5-10 minutes strength training	Choose one: 30 minutes at RPE 3-4 20 minutes easy cross training - Day off	15 minutes at RPE 3-4 w/form drills and strides 30 minutes at RPE 7-7.5 5 minutes at RPE 3-4 5-10 minutes strength training	Day off	15 minutes at RPE 3-4 8 x (20 seconds at RPE 7-7.5, 40 seconds at RPE 3) 15 minutes at RPE 3-4	55 minutes at RPE 5-5.5 5-10 minutes strength training (optional)
3	30 minutes at RPE 3-4 or day off	10 minutes at RPE 3-4 w/form drills and strides 4 x (7 minutes at RPE 7, 7 minutes at RPE 3-4) 10 minutes at RPE 3-4 5-10 minutes strength training	Choose one: 25 minutes at RPE 3-4 30 minutes cross training - Day Off	15 minutes at RPE 3-4 w/form drills and strides 35 minutes at RPE 7.5 10 minutes at RPE 3-4 5-10 minutes strength training	Day off	10-minute at RPE 3-4 8 x (20-seconds at RPE 7-7.5, 20 seconds at RPE 3) 10 minutes at RPE 3-4	60 minutes at RPE 5 5-10 minutes strength training (optional)
4	20 minutes at RPE 3-4 or day off	10 minutes at RPE 3-4 w/form drills and strides 6 sets (5 minutes at RPE 7, 5 minutes at RPE 3-4) 5 minutes at RPE 3-4 5-10 minutes strength training	Choose one: 35 minutes at RPE 3-4 30 minutes easy cross training - Day off	15 minutes at RPE 3-4 w/form drills and strides 40 minutes at RPE 6.5-7.5 10 minutes at RPE 3-4 5-10 minutes strength training	Day off	10 minutes at RPE 3-4 8 x 20 seconds at RPE 7-7.5, 40 seconds at RPE 3) 10 minutes at RPE 3-4	50 minutes at RPE 5-5.5 5-10 minutes strength training (optional)

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5	20 minutes at RPE 3-4	• 20 minutes at RPE 3-4 w/form drills and strides • 6 x (6 minutes at RPE 7, 5 minutes at RPE 3-4) • 5 minutes at RPE 3-4 • 5-10 minutes strength training	Choose one: • 35 minutes at RPE 3-4 • 30 minutes easy cross training • Day off	• 15 minutes at RPE 3-4 w/form drills and strides • 45 minutes at RPE 6.5-7.5 • 10 minutes at RPE 3-4 • 5-10 minutes strength training	Day off	• 10 minutes at RPE 3-4 • 8 x (20 seconds at RPE 7-7.5, 40 seconds at RPE 3) • 10 minutes at RPE 3-4	• 60 minutes at RPE 5-5.5 • 5-10 minutes strength training (optional)
6	30:00 at RPE 3-4	• 20 minutes at RPE 3-4 w/form drills and strides • 3 x (15 minutes at RPE 7, 10 minutes at RPE 3-4) • 5 minutes at RPE 3-4 • 5-10 minutes strength training	Choose one: • 20 minutes at RPE 3-4 • 25 minutes easy cross training • Day off	• 10 minutes at RPE 3-4 w/form drills and strides • 35 minutes at 10K goal pace • 10 minutes at RPE 3-4 • 5-10 minutes strength training	Day off	• 10 minutes at RPE 3-4 • 8 x (20-seconds at RPE 7-7.5, 40 seconds at RPE 3) • 10 minutes at RPE 3-4	• 70:00 at RPE L5 • 5-10:00 strength training (optional)
7	20 minutes at RPE 3-4 or day off	• 10 minutes at RPE 3-4 w/form drills and strides • 6 x (3 minutes at RPE 7, 2 minutes at RPE 3-4) • 8 minutes at RPE 3-4 • 5-10 minutes strength training	Day off	• 10 minutes at RPE 3-4 w/form drills and strides • 30 minutes at RPE 7-7.5 • 10 minutes at RPE 3-4 • 5-10 minutes strength training	Day off	• 10 minutes at RPE 3-4 • 8 x (20 seconds at RPE 7-7.5, 40 seconds at RPE 3) • 10 minutes at RPE 3-4	• 50 minutes at RPE 5 • 5-10 minutes strength training (optional)
8	Day off	• 10 minutes at RPE 3-4 w/form drills and strides • 10 minutes at 10K goal pace • 10 minutes at RPE 3-4 • 5-10 minutes strength training	Choose one: • 30 minutes at RPE 3-4 • Day off	• 10 minutes at RPE 3-4 • Form drills • 6 x (20 seconds of strides, 20 seconds at RPE 3-4) • 5 minutes at RPE 3-4	Choose one: • 30 minutes at RPE 3-4 • Day off	• 5 minutes at RPE 3-4 • 4 x (20 seconds at RPE 7-7.5, 40 seconds at RPE 3) • 5 minutes at RPE 3-	• 5-10 minutes at RPE 3-4 • Form drills • Goal race • 5-10 minutes at RPE 3

WARMUP: 10:00 EASY WITH FORM DRILLS AND STRIDES

- **Jog 1:00**
- **Form drills:** for 15–20 seconds each, followed by 15–20 seconds of slow jogging, do each of these eight drills:
 - Butt-kicks
 - High knees
 - Quick feet
 - Skipping for height
 - Side-slide/chassée (R and L)
 - Cross-over/carioca/grapevine (R and L)
- **Strides:** after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you’ve done four 20-second strides.
- **Jog 1:00**

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1–2	Negligible effort	Walking
3–4	Easy	Easy-run range
5	Moderate	Regular-run pace
6–7	Moderate-to-hard	Tempo-run range
8–9	Hard	Speedwork range
10	Very hard	Sprinting