



2019 Suffolk County 10k Intermediate Training Program



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Off	3 Miles	3 Miles or Cross Train	3 Miles	3 Miles at Goal 10k Pace	Off	5 Miles
2	Off	3 Miles	4 Miles	3 Miles	3 Miles at Goal HM Pace	Cross Train	4 Miles
3	Off	3 Miles	1 Mile Warm Up 6x400 @ 5k Pace 1 Mile Cool Down	3 Miles	5 Miles	Off	6 Miles
4	Off	4 Miles	3 Miles	4 Miles	5 Miles at Goal HM Pace	Cross Train	4 Miles
5	Cross Train or Off	4 Miles	1 Mile Warm Up 4x800 @ 5k Pace 1 Mile Cool Down	4 Miles	5 Miles	Off	7 Miles
6	Off	4 Miles	4 Miles	4 Miles	5 Miles at Goal HM Pace	Cross Train	5 Miles
7	Cross Train or Off	4-5 Miles	1 Mile Warm Up 8x400 @ 5k Pace 1 Mile Cool Down	5 Miles	6 Miles	Off	8 Miles
8	Off	5 Miles	5 Miles	5 Miles	6 Miles at Goal HM Pace	Cross Train	7 Miles
9	Cross Train or Off	4 Miles	1 Mile Warm Up 4x800 @ 10k Pace 1 Mile Cool Down	4-5 Miles	Cross Train or Off	2 Mile Run	Suffolk County 10k

Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.

For more information-www.sayvillerrunning.com/pages/training

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