

## 10 Week Programme - Intermediate



**Endurance Sport Coaching and Products**

[www.itri.co.nz](http://www.itri.co.nz)

Week Starting	Weeks to go	Monday	Tuesday*	Wednesday	Thursday	Friday	Saturday	Sunday
31-Aug	9	30min jog	40min jog	rest	30min jog	rest	45min jog	rest
7-Sep	8	40min jog	45min jog	rest	40min jog	rest	45min jog	rest
14-Sep	7	40min jog	50min jog	rest	40min jog	rest	45min jog	rest
21-Sep	6	45min jog	50min run incl 8 x 1min steady/ 1min easy	rest	45min jog	rest	50min Steady	40min run
28-Sep	5	40min jog	50min run incl 4 x 3min steady/ 1min easy	rest	40min jog	rest	60min Steady	60min run

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Week Starting	Weeks to go	Monday	Tuesday*	Wednesday	Thursday	Friday	Saturday	Sunday
5-Oct	4	40min jog	40min run incl 10 x 1min steady/ 1min easy	rest	40min jog	rest	40min steady incl 5 x 2min hard/1min easy	60min jog
12-Oct	3	40min jog	50min run incl 6 x 2min steady/ 1min easy	rest	40min jog	rest	45min steady incl 6 x 2min hard/1min easy	70min jog
19-Oct	2	40min jog	50min run incl 5 x 3min steady/ 1min easy	40min jog	40min jog	rest	45min run incl 8 x 2min steady/ 1min easy	80min run
26-Oct	1	45min jog	40min run incl 15 x 1min steady/ 1min easy	45min jog	45min jog	rest	45min steady	70min jog
2-Nov	Race week	45min jog	45min jog	rest	45min jog	30min jog	rest	<b>Tauranga Bays to Bridges</b>

\* Group runs are organised by Craig from [itri.co.nz](http://www.itri.co.nz) and are held on Tuesday evening at 5:30pm from the Tauranga Domain.  
These runs may vary from this programme.