



# RUN HAPPY




With our 14km run  
program for  
intermediate runners!

# 14km Intermediate 10-week Run Program



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Day off	30-40min easy jog	Day off	Session - 15min jog warm up, 5x4min @ 10k pace along flat bike path/aths track/oval with 1min walk recovery, 15min jog cool down.	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	12-14k easy jog.
2	Day off	30-40min easy jog	Day off	Session - 15min jog warm up, 5x4min @ 10k pace along flat bike path/aths track/oval with 1min walk recovery, 15min jog cool down.	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	14km easy jog.
3	Day off	35-45min easy jog	Day off	Session - 15min jog warm up, 4x5min @ 10k pace along flat bike path/aths track/oval with 1min walk recovery, 15min jog cool down.	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	12km easy jog, pick up the pace slightly over last 3-4km.
4	Day off	35-45min easy jog	Day off	Session - 15min jog warm up, hill reps (just need a steady incline, don't need a really steep hill) 8x1min hill reps strong (not flat out but a strong effort) with jog back down recovery, 15min jog cool down.	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	13km easy jog, pick up the pace slightly over last 3-4km.
5	Day off	40-50min easy jog	Day off	Session - 15min jog warm up, 8x1min hill reps strong (not flat out but a strong effort) with jog back down recovery, 15min jog cool down.	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	16km easy jog.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6	Day off	40-50min easy jog	Day off	Session - 15min jog warm up, hill reps : 5x90second hill reps strong (not flat out but a strong effort) with jog back down recovery, 15min jog cool down	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	14km easy jog, pick up the pace slightly over last 3-4km
7	Day off	40-50min easy jog	Day off	Session - 15min jog warm up, 4x8min efforts @ 14k race pace effort with 2min walk or slow jog recovery - along flat bike path/aths track/oval, 10min jog cool down	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	15km easy jog, pick up the pace slightly over last 3-4km
8	Day off	40-50min easy jog	Day off	Session - 15min jog warm up, 4x8min efforts @ 14k race pace effort with 2min walk or slow jog recovery - along flat bike path/aths track/oval, 10min jog cool down	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	16km easy jog, pick up the pace slightly over last 3-4km
9	Day off	35-45min easy jog	Day off	Session - 15min jog warm up, 6x4min @ 10k pace along flat bike path/aths track/oval with 1min walk recovery, 15min jog cool down	20-30min jog or Day off. Can swap this day with a Saturday if needed.		12km easy jog.
10	Day off	15min warm up, 2x5min efforts at 14k race pace with 2min walk recovery, 10min cool down	Day off	25min easy jog.	Day off or 15min jog	GOR 14k	

1. Easy jog pace you should be able to chat a bit while running
2. Slight pick up pace roughly 10-15seconds faster per km than easy jog pace. Can still talk but not as easily
3. If you want to have Sunday off (might have a big night planned Saturday!) you can always for the Sunday run on the Saturday.