



SEVEN-WEEK TRAINING PLAN 6KM INTERMEDIATE

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Intermediate: A program designed to help the competent runner improve their speed. If you have been running consistently 3 or more times per week over the past 6-12 months this is the program for you.

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FUN RUN

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6KM INTERMEDIATE – WEEK 1 & 2

6km INTERMEDIATE – WEEK 1

#1 Session

w/u 1.5km easy jog

Main Set: 4x4mins steady run with 1min easy jog recovery between
w/d 1.5km easy jog

#2 Run: 20mins easy jog

#3 Session

w/u 1.5km easy jog

Main set: 6x500m hard with 90-sec standing recovery between
w/d 1.5km easy jog

#4 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Long Run: 7km easy jog

Notes:

Much like the upcoming weeks this first week mixes some shorter higher intensity efforts with easier recovery days and some longer steady intervals. It is best to start out conservatively and pick up the pace towards the end of the sessions than to run into fatigue too early and lose your form.

6km INTERMEDIATE – WEEK 2

#1 Session

w/u 1.5km easy jog

Main Set: 3x1.2km steady with 2mins standing recovery between
w/d 1.5km easy jog

#2 Run:

25mins easy

#3 Session

w/u 1.5km easy jog

Main set: 8x2mins hard run with 1 min easy jog recovery between
w/d 1.5km easy jog

#4 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Long Run:

8km easy jog

Notes:

In week 2 the structure and purpose are much the same with a slight increase in volume across each session for the week.

6KM INTERMEDIATE – WEEK 3 & 4

6km INTERMEDIATE – WEEK 3

#1 Session

w/u 1.5km easy jog

Main set: 3x6mins steady run with 2mins easy jog recovery between

w/d 1.5km easy jog

#2 Run:

25mins easy

#3 Session

w/u 1.5km easy jog

Main set: 5x800m hard with 90sec standing recovery between

w/d 1.5km easy jog

#4 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Long Run:

10km easy jog

Notes:

The longest run of the week increases again in week 3. Running over race distance at a lesser intensity allows you to feel confident about mixing your speed and strength for the perfect combination on race day.

6km INTERMEDIATE – WEEK 4

#1 Session

w/u 1.5km easy jog

Main set: 10x200 hard run with 200m steady jog recovery between

w/d 1.5km easy jog

#2 Run: 25mins easy

#3 Run: 30mins easy + 6x150m hard run with 60-sec standing recovery between

#4 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 TEST

w/u 2km easy jog

Main set: 3km TT @ goal C2B 6km pace

w/d 1km easy jog

Notes:

Over halfway through the program is a great time to test how the first 4 weeks of training have gone with a short time trial. If you can hold your goal 6km pace for half the distance whilst running on your own this is a great sign for race day when you would have had a couple more weeks training under the belt and the extra adrenaline.

6KM INTERMEDIATE – WEEK 5 & 6

6km INTERMEDIATE – WEEK 5

#1 Session

w/u 1.5km easy jog

Main set: 5x1km hard run, 1min standing recovery between
w/d 1.5km easy jog

#2 Run:

25mins easy

#3 Session

w/u 1.5km easy jog

main set: 3x8mins steady run, 2mins jog recovery between
w/d 1.5km easy jog

#4 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Long Run: 10km easy

Notes:

With two weeks to go before the event, this is the highest volume week you will complete. Use one of the sessions this week to practice pre-run fuelling and equipment (shoes & apparel). Do the session in the morning at a similar time to race start. If anything goes wrong there is still plenty of time to make changes. Make sure to prioritise rest & recovery between runs.

6km INTERMEDIATE – WEEK 6

#1 Session

w/u 1.5km easy jog

Main Set: 10x1min hard run, 1min steady jog recovery between
w/d 1.5km easy jog

#2 Run: 25mins easy

#3 Session

w/u 1.5km easy jog

main set: 18mins steady run, 2min easy jog between, 5min hard run to finish
w/d 1.5km easy jog

#4 X train:

30mins low-impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Taper Long Run:

7km easy

Notes:

The 3rd session for this week should give you a good feeling of what the last bit of the 6km event will feel like. Practicing running fast on tired legs will mean there are no surprises after halfway. A shorter long run will mean you're itching to let loose next week.

6KM INTERMEDIATE – WEEK 7 & RACE DAY

6km INTERMEDIATE – WEEK 7

#1 Session

w/u 1.5km easy jog

Main set: 2km steady run, 2mins standing recovery, 5x300m hard run with 60sec standing recovery between
w/d 1.5km easy jog

#2 Run:

20mins easy

#3 Run:

20mins easy + 6x100m hard run-walk back to start for recovery

#4

C2B 6km RACE DAY

Notes:

Well done, you've made it to race week. Now it's about putting the icing on the cake and enjoying the event. Some shorter, sharper efforts should have you feeling nice and poppy come race day. Make sure not to get too carried away at the start with fresh legs and adrenaline. Stick to the pace you have been practicing in training!

Key Terms

w/u: Warm Up

w/d: Warm down

TT: Time Trial

Easy: An easy effort means you should be able to talk in full sentences at this intensity. However, this same intensity may be increasingly difficult when held for a longer period of time or if placed as a recovery period between harder efforts. I.e. 500m easy run will feel easier than 5km continuous at the same intensity.

Steady: This level of effort is a touch harder than easy. Engaging in a conversation becomes increasingly challenging and you should only be able to speak in very short sentences.

Hard: This level of effort should be difficult and uncomfortable to sustain. You won't feel like talking and if you tried would only be a few words, as you should be breathing quite heavily.