10K/12K Training Schedule:
Intermediate 3day/week plan

Should have 20-25 mile/week running base for at least 1 month
Cross-training: Alternate workout of 30-90 minutes, and not with great intensity
E-Cross: Cross-training 30-60 minutes, easy pace
Choose running days to accommodate your schedule, resting before and after long effort

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	4 m run	rest	4 m pace	rest	rest	4	E-Cross
2	4 m run	rest	4 m run	rest	rest	5	E-Cross
3	5 m run	rest	5 m pace	rest	rest	5	E-Cross
4	5 m run	rest	5 m run	rest	rest	6	E-Cross
5	4 m run	rest	4 m pace	rest	rest	5	E-Cross
6	6 m run	rest	5 m pace	rest	rest	5	E-Cross
7	5 m run	rest	6 m run	rest	rest	6	E-Cross
8	4 m run	rest	4 m pace	rest	rest	7	E-Cross
9	4 m run	rest	5 m pace	rest	rest	6	E-Cross
10	6 m run	rest	5 m run	rest	rest	6	E-Cross
11	4 m run	rest	6 m pace	rest	rest	7	E-Cross
12	4 m run	rest	5 m pace	rest	rest	6	E-Cross
13	4 m run	rest	6 m run	rest	rest	6	E-Cross
14	5 m run	rest	6 m pace	rest	rest	7	E-Cross
15	5 m run	rest	4 m pace	rest	rest	6	E-Cross
16	6 m run	rest	4 m run	rest	rest	5	E-Cross
17	4 m run	rest	2 m run	rest	rest	race	E-Cross