

10-WEEK ADVANCED 10K TRAINING PLAN

MY PLEDGE: _____

MY TARGET TIME: _____

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

Tempo Run at a challenging – but sustainable – pace.
Fast Push yourself to the highest pace you can.
Easy Run at a relaxed pace.
Jog Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>	30 Mins Easy Run	Track: 15 Mins Easy Run 200m Fast Run 400m Jog X 10 Reps	50 Mins Easy Run	1 Mile Easy Run 4 Mile Tempo Run 1 Mile Easy Run	Rest	40 Mins Steady Run	90 Mins Easy Run
2 <i>Building time on feet</i>	30 Mins Easy Run	Track: 15 Mins Easy Run 1k at Race Pace 2 Mins Jog X 6 Reps 15 Mins Easy Run	50 Mins Easy Run	45 Mins Steady Run	Rest	15 Mins Easy Run 30secs Fast Uphill Jog down hill X 12 Reps 15 Mins Easy Run	90 Mins Easy Run
3 <i>Get out of breath</i>	Easy 35 Mins Run	Track: 15 Mins Easy Jog 400m Fast Run 3 Min Jog X 10 Reps 10 Mins Easy Jog	55 Mins Easy Run	1 Mile Easy Run 5 Miles Tempo Run 1 Mile Easy Run	Rest	45 Mins Steady Run	90 Mins Easy Run
4 <i>Consolidating</i>	35 Mins Easy Run	Track: 15 Mins Easy Run 800m Fast Run 400m Jog X 8 Reps 15 Mins Easy Run	55 Min Easy Run	50 Mins Steady Run	Rest	15 Mins Easy Run 45secs Tempo Hills Jog Down Hill X 10 Reps 15 Mins Easy Run	85 Mins Easy Run
5 <i>Build your confidence</i>	40 Mins Easy Run	10 Mins Easy Run 2 Min Tempo Pace 2 Mins Jog X 5 Reps 10 Mins Easy Run	30 Mins Easy Run	20 Mins Easy Run	Rest	Rest	Race 5k/5 Mile Or 70 Mins Easy Run
6 <i>Make sure you have a massage this week!</i>	40 Mins Easy Run	Track: 15 Mins Easy Run 300m Fast Run 300m Jog X 12 Reps 15 Mins Easy Run	60 Mins Easy Run	10 Mins Easy Run 6 Mile Tempo Run 10 Mins Easy Run	Rest	60 Mins Steady Run	90 Mins Easy Run

<p>7</p> <p><i>Get some great runs under your belt!</i></p>	40 Mins Easy Run	Road: 15 Mins Easy Run 3.5 Mins Run at Race Pace 90secs Jog X 10 Reps 15 Mins Easy Run	60 Mins Easy Run	10 Mins Easy Run 10 Mins Threshold Pace 3 Min Jog 10 Min Easy Run	Rest	50 Mins Easy Run	10 Mins Easy Run 60 Mins Tempo Run 10 Mins Easy Run
<p>8</p> <p><i>Sharpen up your technique</i></p>	40 Mins Easy Run	Track: 15 Mins Easy Run 600m Hard Run 400m Jog 400m Hard Run 300m Jog 200m Hard 400m Jog X 3 Reps 15 Mins Easy Jog	45 Mins Easy Run	10 Mins Easy Run 4 Mile Tempo Run 10 Mins Easy Run	Rest	45 Mins Steady Run	75 Mins Easy Run
<p>9</p> <p><i>Ease off on those miles</i></p>	30 Mins Easy Run	10 Mins Easy Run 60secs Hard Run 2 Mins Jog X 8 Reps 10 Min Easy Run	35 Mins Easy Run	10 Mins Easy Run 4 Mins Threshold Pace 90secs Jog 10 Mins Easy Run	Rest	40 Mins Steady Run	50 Mins Easy Run
<p>10</p> <p><i>Prepare for the race</i></p>	20 Mins Easy Run	10 Mins Easy Run 2 Mins Tempo Run 2 Mins Jog X 4 Reps 10 Mins Easy Run	20 Mins Easy Run	15 Mins Easy Run X 8 50m Strides at fast pace	Rest	Rest	Race Day! Good Luck!