



# 10K: ADVANCED PLAN



WEEK	Phase	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Loading	4miles easy running	Hills 10x60sec Start with a 10 min warm up. Run 10x60sec hills with jog/walk back recovery. Finish off with a 10 min warm dow	Rest Day	4miles easy running	Rest Day	5miles easy running	5miles easy running
2	Loading	5miles easy running	Hills 10x90sec Start with a 10 min warm up. Run 10x90sec hills with jog/walk back recovery. Finish off with a 10 min warm dow	Rest Day	5miles easy running	Rest Day	6miles progression run Start off slow, almost easy run pace and gradually build the pace in blocks of 10mins or miles. Each section getting progressively quicker until you are running @ your half marathon pace. Finish off with a 5 min warm down.	7miles easy running
3	Loading	5miles easy running	Hills 8x2mins Start with a 10 min warm up. Run 8x2mins hills with jog/walk back recovery. Finish off with a 10 min warm dow	Rest Day	5miles easy running	Rest Day	8miles progression run Start off slow, almost easy run pace and gradually build the pace in blocks of 10mins or miles. Each section getting progressively quicker until you are running @ your half marathon pace. Finish off with a 5 min warm down.	8miles long run
4	Loading	5miles easy running	Hills 3x3, 3x2, 3x1mins Start with a 10 min warm up. Run 3x3, 3x2, 3x1mins hills with jog back recovery. Finish off with a 10 min warm dow	Rest Day	5miles easy running	Rest Day	5x1-mile (1mins) @marathon pace. Start with a 10 min warm up. Run 5x1-mile @ marathon pace followed by 1 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down.	10miles long run
5	Specific	5miles easy running	6x1/2mile (2mins jog) @5km pace. Start with a 10 min warm up. Run 6x1/2 miles @5k pace followed by 2 minutes jog/walk to recover, repeated 6 times. Finish off with a 10 min warm down.	Rest Day	3miles easy running	Rest Day	4miles @10km pace Start with a 10 min warm up. Run 5miles at your 10km goal pace. Finish off with a 10 min warm down.	8miles easy running
6	Specific	5miles easy running	8x1km (90secs) @10km pace. Start with a 10 min warm up. Run 8x1km @10k pace followed by 90-secs jog/walk to recover, repeated 8 times. Finish off with a 10 min warm down.	Rest Day	5miles easy running	Rest Day	Hills 8x2mins Start with a 10 min warm up. Run 8x2mins hills with jog/walk back recovery. Finish off with a 10 min warm dow	10miles long run
7	Specific	6miles easy running	5x1-mile (2mins) @10km pace. Start with a 10 min warm up. Run 5x1-mile @10k pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down.	Rest Day	5miles easy running	Rest Day	3x2-mile (1mins) @marathon pace. Start with a 10 min warm up. Run 3x2-mile @ marathon pace followed by 1 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down.	12miles long run
8	Specific	6miles easy running	8x1km (90secs) @10km pace. Start with a 10 min warm up. Run 8x1km @10k pace followed by 90-secs jog/walk to recover, repeated 8 times. Finish off with a 10 min warm down.	Rest Day	5miles easy running	Rest Day	4miles @10km pace Start with a 10 min warm up. Run 5miles at your 10km goal pace. Finish off with a 10 min warm down.	10miles long run
9	Taper	5miles easy running	6x1/2mile (2mins jog) @5km pace. Start with a 10 min warm up. Run 6x1/2 miles @5k pace followed by 2 minutes jog/walk to recover, repeated 6 times. Finish off with a 10 min warm down.	Rest Day	4miles easy running	Rest Day	6miles easy running	8miles long run
10	Race	4miles easy running	Fartlek Run. Start with a 10 min warm up. Run 12x60sec with 60sec jog recovery as a continous 24-minute run. Finish off with a 10 min warm down.	Rest Day	3miles easy running	Rest Day	2miles easy running	10k Race

The advanced plan goes off the assumption that the runner already has some base of fitness but is now looking to structure their plan towards a performance goal. Suitable for those who can run for 30 minutes, the advanced plan will step up your training, mixing steady running with more complex sessions to get you in your best shape for your next event.

**Pace Guide**  
**Easy Run** - An easy run should be run at conversational pace maintaining relaxed breathing. Easy runs make up the bulk of your training programme.  
**Long Run** - Your long run is similar to an Easy Run but just lasts longer! The effort is still easy but may become more difficult due to the duration of the run.  
**5k Pace** - A pace which you have or think you could maintain for a 5k event or approximatley for 30-minutes of running.  
**10k Pace** - A pace which you have or think you could maintain for a 10k event or approximatley for one-hour of running.  
**Half Marathon Pace** - A pace which you have or think you could maintain for a HM event. Half marathon pace should be hard but controlled.  
**Marathon Pace** - A pace which you have or think you could maintain for a marathon event. Marathon pace should be slower than HM pace but faster than easy run pace.  
**Rest Day** - Rest days are important to allow adaptation and are used to enhance recovery and can be a complete day of rest or cross-training.