

Name: _____ Race: _____ Date: _____

10k Advanced

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	40 mins Recovery run + Stretch	15 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	15 mins warm-up, 4 x 5 mins at Threshold effort on undulating terrain with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 3 x 6 mins Kenyan Hills with 2 mins jog recovery, 15 mins cool-down + Stretch	75 mins Long run - Easy effort + Stretch
Week 2	30 mins Recovery run + Stretch	15 mins warm-up, 6 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	15 mins warm-up, 4 x 5 mins at Threshold effort on undulating terrain with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 3 x 6 mins Kenyan Hills with 2 mins jog recovery, 15 mins cool-down + Stretch	75 mins Long run - Easy effort + Stretch
Week 3	40 mins Recovery run + Stretch	15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	40 mins Steady undulating run - push the hills to 90% + Stretch	REST	15 mins warm-up, 4 x 5 mins at 10k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Long run - Easy effort + Stretch
Week 4	45 mins Recovery run + Stretch	15 mins warm-up, 4 x 8 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	30 mins run including 6 x 2 mins at 5k effort with 60 secs jog recovery between efforts + Stretch	REST	15 mins warm-up, 6 x 5 mins at 10k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Long run - Easy effort + Stretch
Week 5	REST	45 mins Recovery run + Stretch	50 mins run including middle 20 mins at Threshold effort + Stretch	45 mins cross training / strength & conditioning	REST	15 mins warm-up, 2 x 2 miles at 10k race pace with 5 mins jog recovery between efforts, 15 mins cool-down + Stretch	60 mins Long run - Easy effort + Stretch
Week 6	45 mins Recovery run + Stretch	15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	30 mins run including 6 x 2 mins at 5k effort with 60 secs jog recovery between efforts + Stretch	REST	15 mins warm-up, 6 x 5 mins at 10k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Long run - Easy effort + Stretch
Week 7	REST	15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	50 mins Steady run + Stretch	REST	15 mins warm-up, 2 x (3 x 3mins at 5k pace) with 60 secs jog recovery between efforts and 3 mins recovery between sets, 15 mins cool-down + Stretch	90 mins Long run - Easy effort + Stretch
Week 8	45 mins cross training / strength & conditioning	15 mins warm-up, 6 x 3 mins at 10k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 5 x 60 secs at 5k effort with 30 secs jog recovery between efforts, 15 mins cool-down + Stretch	20 mins easy effort run including some strides	parkrun	60 mins Long run - Easy effort + Stretch
Week 9	REST	45 mins cross training / strength & conditioning	15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 6 x 5 mins at 10k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Recovery run + Stretch	60 mins Long run - Easy effort + Stretch
Week 10	REST	15 mins warm-up, 5 x 3 mins at 10k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins easy effort run including some strides	REST	20 mins easy effort run including some strides	10k Race Day