



Advanced 10km Schedule

This program is for the experienced runner with a good background of fitness and running. It consists of 5-6 runs each week. These are a variety of sessions including recovery running, Kenyan hills and long runs to develop strength and endurance, threshold running to develop speed endurance, longer intervals for 10km race pace and 5km intervals to develop your speed. You should also be conditioning your body with regular cross training, Pilates or aerobics. With this level of training it is important to listen to your body and if necessary allow an extra rest or recovery day.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Recovery run 30 mins	Threshold run 5x5 mins with 2 mins recovery	Recovery run 30 mins	4x5 mins undulating route at threshold with 2 mins recovery	REST	Kenyan hills 2x10 mins uphill effort	<i>Long Run 90 mins</i>
2	Recovery run 30	Threshold run 2x10 mins with 2 mins recovery	Recovery run 30 mins	Steady run 45 mins including 5x2 mins @10km pace with 1 minute recovery	REST	Kenyan hills 20 mins uphill effort	<i>Long Run 90 mins</i>
3	Recovery run 40 mins	3x7 mins @ threshold plus 3 mins @ 10km pace with 2 mins recovery	Cross training 60 mins	Intervals 4 x 5 mins at 10k pace with 2 mins recovery	Recovery run 30 mins	6x4 mins undulating route at threshold with 1 mins recovery	<i>Long Run 90 mins</i>
4	REST	2x5x2 mins @ 10km pace with 60 seconds and 3 mins recovery	<i>Cross Training 40 mins</i>	<i>Recovery Run 45 mins</i>	REST	<i>Cross Training 60 mins</i>	<i>Easy Run 60 mins</i>
5	Cross Training 60 mins	4x6 mins @ threshold plus 3 mins @ 10km pace with 2 mins recovery	Recovery Run 45 mins	Intervals 5 x 5 mins at 10k pace with 3 mins recovery	REST	Run 30 mins including 6x2 mins @ 5km pace with 2 mins recovery	<i>Long Run 90 mins</i>

6	Recovery Run 45 mins	60 mins run including 30 mins at threshold pace	60 mins cross training	3 x 10 mins at 10k pace with 5 mins recovery	REST	6x2 mins @ 5km pace with 2 mins recovery	<i>Long Run 90 mins</i>
7	Recovery Run 45 mins	Intervals 4 x 5 mins at 10k pace with 2 mins recovery	40 mins cross training	Recovery run 30 mins	REST	Recovery run 15 mins include 5 x 20 second pick-ups	2x3 miles at 10km race pace with 10 minute recovery
8	Recovery Run 45 mins	Intervals 2x3x5 mins at 10k pace with 1min and 3 mins recovery	Recovery run 35 mins	Intervals 2 x 10 mins at threshold pace with 5 mins recovery	REST	2x4x2 mins @ 5km pace with 1min and 3 mins recovery	<i>Long run 90 mins</i>
9	REST	Intervals 4x2km @ 10k pace with 90seconds recovery	Recovery run 30 mins	60 mins including 20 mins @ threshold	REST	Intervals 2x3x1km @ 5km pace with 1 min and 3 min recovery	<i>Long Run 90 mins easy</i>
10	Recovery Run 30 mins	Intervals 10 x 60seconds @ 5km pace with 60 seconds recovery	30 mins cross training	Intervals 2x5 x 30seconds @ 5km pace with 60 seconds and 3 mins recovery	Recovery run 15 mins include 5 x 20 second pick-ups	Race a 5 km	<i>Long Run 60 mins very easy</i>
11	REST	4 x 6 mins @ Threshold plus 3 mins @ 10km pace with 3 mins recovery	Recovery run 45 mins	60 mins including 30 mins @ threshold	REST	Intervals 3 x10 mins at 10k pace with 5 mins recovery	<i>Long Run 60 mins very easy</i>
12	REST	Intervals 2x5x60seconds @ 5km pace with 60 seconds recovery	Recovery Run 30 mins	Intervals 8x30seconds @ 5km pace with 30 seconds recovery	REST	Recovery run 15 mins include 5 x 20 second pick-ups	10km Race Day