

Week / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
ADVANCED 10K TRAINING GUIDE Target: To improve 10k time Pre-requisite: Beginners 1/2 marathon or advanced 5k 6 days pw							
1	40 mins with hills	25 min race pace	60 min easy	20 x 1 min fast, 1 min jog in between	Rest	X-Country or Road race	80 min easy
2	40 mins fartlek	2 x 10 min, 3 min jog in between	60 min easy	8 x 3 min fast, 90 sec jog in between	Rest	20 min pace run	90 min easy
3	40 mins with hills	3 x 8 min fast, 3 min jog in between	70 min easy	10 x 2 min fast, 1 min jog in between	Rest	40 min steady	80 min easy
4	40 min fartlek	6 x 5 min fast, 2 min jog in between	60 min easy	(2 x) 4, 3, 2, 1 min fast with 90 sec jog in between	Rest	40 min steady	90 min easy
5	20 min race pace	30 min easy	40 min easy	30 min steady	Jog or easy strides	Rest	10k race

Terminology

Easy runs should be just that - EASY! Realistically, they should not be much faster than jogging. Long runs are about building time on your feet while shorter runs are about recovery. The main purpose of these runs are to educate muscles, burn fat and utilise oxygen.

Steady running is slightly faster but remain relaxed and you should comfortably be able to maintain a conversation.

Pace runs are not flat out but a good strong run where you will be slightly out of breath. Ideally, these should be run at 85% of you maximum and this can be achieve with the use of a heart rate monitor. You should not be able to hold a full conversation at this pace. These runs will increase the overall pace of your running.

Repetition work will place your body under even greater stress but this is where you will reap the rewards come race day. These higher intensity sessions are great workouts for the heart and lungs.