

Training for a 10km Run – Advanced

This guide is a training programme for people wishing to run an organized 10 km or just as a challenge for themselves. It's suitable for you if you have already done a 10 km race or longer and would like to improve your pace.

The programme works on:-

- improving your aerobic fitness and limb strength
- speed and endurance
- training six days a week over a 12 week period

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
DAY 1	3 Miles Steady	3 Miles Steady	4 Miles Steady	4 Miles Steady	4 Miles Steady	4 Miles Steady	4 Miles Steady	5 Miles Steady	4 Miles Steady	3 Miles Steady	3 Miles Steady	3 Miles Steady
DAY 2	Rest	Tempo: 2x10min (5min recovery)	Hills: 6x80secs	Rest	Hills: 5x80secs	Tempo: 2x15mins (5min recovery)	Hills: 6x2mins	Rest	Hills: 7x80secs	Tempo: 3x10mins (5mins)	Hills: 4x2mins	Tempo: 1 mile easy, 3 miles at race pace, 1 mile easy
DAY 3	5 Miles Steady	5 Miles Steady	5 Miles Steady	5 Miles Steady	6 Miles Steady	5 Miles Steady	6 Miles Steady	6 Miles Fartlek	6 Miles Steady	7 Miles Steady	5 Miles Easy	Rest
DAY 4	5 Miles Fartlek	Intervals: 4x800m (400m recovery)	Intervals: 3x1000m (400m)	4 Miles Steady	Intervals: 8x400m (200m recovery)	Intervals: 4x1000 (500m recovery)	Tempo: 15mins (5mins), 10mins (4mins), 5mins	4 Miles Steady	Intervals: 6x800m (400m)	Intervals: 5x1000m (400m)	Intervals: 8x400m (200m)	5 Miles Easy
DAY 5	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
DAY 6	3 Miles Easy	3 Miles Easy	4 Miles Steady	20 minutes jog	4 Miles Steady	4 Miles Steady	5 Miles Steady	3 Miles Easy	5 Miles Easy	4 Miles: Time Trial	5 Miles	20 minutes jog
DAY 7	6 Miles Long Run	6 Miles Long Run	7 Miles Long Run	5km Race / 5 Miles: Time Trial	8 Miles Long Run	9 Miles Long Run	10 Miles Long Run	10km Race / 6 Miles: Time Trial	11 Miles Long Run	10 Miles Long Run	8 Miles Long Run	10km RACE