

10K ADVANCED PROGRAMME

Club runners should seek advice from their clubs.

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Week 1	30min easy jog	Bodyweight exercises	Rest	35min run	As Tues.	As Mon.	Rest
Week 2	35min easy jog	Bodyweight exercises	Rest	17 mins 30 seconds 6x100m strides 17 mins 30 seconds	As Tues.	As Mon.	Rest
Week 3	35min easy jog	Bodyweight exercises	Rest	10-15min warm-up (1min fast, 1min easy) x 8	As Tues.	40min jog	Rest
Week 4	40min, with middle 10mins at a faster pace	Bodyweight exercises	Rest	10-15min warm-up (1min fast, 1min easy) x 8	As Tues.	40min run	Rest
Week 5	40min, with middle 10mins at a faster pace	35min easy	Rest	10-15min warm-up (1min fast, 1min easy) x 10	Bodyweight exercises	45min easy/steady	Rest
Week 6	45min, with middle 10-15mins at a slightly faster pace	17 mins 30 seconds 6x100m strides 17 mins 30 seconds 100m jog recovery	Rest	10-15min warm-up (90secs fast, 90secs easy) x 7	Bodyweight exercises	50min easy jog Bodyweight exercises	Rest
Week 7	45min, with middle 10-15mins at a slightly faster pace	17 mins 30 seconds 6x100m strides 17 mins 30 seconds 100m jog recovery	Rest	10-15min warm-up (90secs fast, 90secs easy) x 8	Bodyweight exercises	50-55min easy jog Bodyweight exercises	Rest
Week 8	45min, with middle 15mins at a slightly faster pace	20 mins 6x100m strides 20 mins	Rest	10-15min warm-up (2mins fast, 90secs easy) x 6-7	Bodyweight exercises	55min easy Bodyweight exercises	Rest
Week 9	50min, with middle 20mins at a slightly faster pace	20 mins 6x100m strides 20 mins	Rest	10-15min warm-up (2mins fast, 90secs easy) x 7	Bodyweight exercises	55-60min easy, done on grass if possible	Rest
Week 10	50min, with middle 20mins at a slightly faster pace	22 mins 30 seconds 6x100m strides 22 mins 30 seconds	Rest	10-15min warm-up (3mins fast, 2min easy) x 5	Bodyweight exercises	60mins easy	Rest
Week 11	50min, with middle 20-25mins slightly faster pace	22 mins 30seconds 6x100m strides 22 mins 30 seconds	Rest	10-15min warm-up (3mins fast, 2mins easy) x 5	Bodyweight exercises	60mins easy	Rest
Week 12	50min, with middle 15min at a slightly faster pace	22 mins 30 seconds 6x100m strides 22 mins 30 seconds	Rest	15min warm-up (1min fast, 90sec easy) x 6-8	Rest	30 min jog	Rest & get to bed early!

RACE DAY!