

## Advanced 10km programme

This programme is for you if you consider yourself to be a fairly advanced runner. You will have already completed 10km races before, perhaps following the Bupa beginner and intermediate training programmes.

This programme assumes you're able to dedicate time to your training over the next 12 weeks to try to set a new personal best time for the 10km race distance.

The programme involves running six days a week with a rest day on Friday, and becomes more specific as your training starts to use some more advanced techniques. As with the beginner and intermediate training programmes, you can train on different days to those suggested here, but try to keep to the same structure and have the recommended rest days between training.

Although this training programme is detailed and some runners will be able to follow it exactly, don't be put off if you have to adapt it slightly. There is no one training programme that works for everyone. All athletes have to adapt and change their plans according to how they feel, and to take into other factors such as work and family commitments. As you become more experienced, you will begin to get a feel for your training and how certain sessions can be altered to suit your specific needs.

Advanced 10km programme							
Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	3 miles steady	Rest	5 miles steady	5 miles fartlek	Rest	3 miles easy	6 miles long run
2	3 miles steady	Tempo: 2x10min (5min recov)	5 miles steady	Intervals: 4x800m (400m recovery)	Rest	3 miles easy	6 miles long run
3	4 miles steady	Hills: 6x60secs	5 miles steady	Intervals: 3x1000m (400m)	Rest	4 miles steady	7 miles long run
4	4 miles easy	Rest	5 mile fartlek	4 miles steady	Rest	20 minutes jog	5km race / 5 miles time trial
5	4 miles easy	Hills: 5x90secs	5 miles steady	Intervals: 8x400m (200m recovery)	Rest	4 miles steady	8 miles long run
6	4 miles steady	Tempo: 2x15mins (5min recovery)	6 miles steady	Intervals: 4x1000 (500m recovery)	Rest	4 miles steady	9 miles long run
7	4 miles steady	Hills: 6x2mins	6 miles steady	Tempo: 15mins (5mins), 10mins (4mins), 5mins	Rest	5 miles steady	10 miles long run
8	5 miles easy	Rest	6 miles fartlek	4 miles steady	Rest	3 miles easy	10km race / 6 miles time trial
9	4 miles easy	Hills: 7x60secs	6 miles steady	Intervals: 6x800m (400m)	Rest	5 miles easy	11 miles long run
10	3 miles steady	Tempo: 3x10mins (5mins)	7 miles steady	Intervals: 5x1000m (400m)	Rest	4 miles time trial	10 miles long run
11	3 miles steady	Hills: 4x2mins	6 miles easy	Intervals: 8x400m (200m)	Rest	5 miles	8 miles long run
12	3 miles easy	Tempo: 1 mile easy, 3 miles at race pace, 1 mile easy	Rest	5 miles easy	Rest	20 minutes jog	10km RACE

### Cross training

Some runners like to include some cross training in their running programmes, while others prefer simply to run as often as they can. If you wish to cross train, swap it for the Monday run.

## **Training**

The programme starts off with a slightly easier week as you may have had some time off from training since your last race, or not exercised for a while. More advanced or fitter runners may find some of the training very comfortable in the early weeks and if this is the case, feel free to add a little extra distance to certain runs, or increase the speed slightly on others.

To run a fast 10km you don't need to do lots of very long runs. Training will consist of a mix of distance running for endurance and shorter speed work. This will help you to develop the speed at which you can run a 10km race. Aim to run at a slightly faster pace for your shorter steady runs than you would when doing a longer run.

## **Training aims**

### **Weeks one to four**

Week one includes a fartlek session. You can adjust the length and speed of your hard efforts in this session depending on your current level of fitness.

Week two includes your first tempo running session. Tempo run sessions will help to develop your lactate threshold, which will enable you to run faster for longer. Thursday of week two also includes your first interval session that can be done on a running track, or on road, grass or paths, but try to keep your running on soft surfaces if possible - your legs will thank you for it. The interval training sessions will improve your anaerobic fitness and increase your running speed.

In week three you will tackle your first hills session. Hill running takes some getting used to - you will find that your legs get tired very quickly, but these sessions will become more comfortable as you progress through the programme.

Week four is a slightly easier week, allowing you a chance to freshen up and get ready for the next stage of your training. If you don't feel you need to ease off, add some distance to Wednesday's fartlek. Alternatively, or as well as this, you can make the week's easy runs a little faster.

Sunday of week four has a five mile time trial set, which will give you a good indication of your current level of fitness. If you prefer, find a local 5km race to take part in. This will be slightly shorter than five miles, but will add up to about the same if you run for an easy mile to warm up before the race, and another easy mile afterwards to cool down.

### **Weeks five to eight**

You're now into the main body of the training plan, focusing on speed and speed endurance during the week, but not forgetting the long runs each weekend. These will continue to improve your endurance meaning that the 10km race will pose no problems come race day, and you can focus on running a fast time.

Don't push your Wednesday run too much and if you feel tired, keep it at an easy pace. The aim is to be recovered enough from Tuesday's training and ready for Thursday's session.

Week eight is another slightly easier week. Easing off a little will help you to get rid of any niggles or pains that may have developed during your training. You might find a sports massage helpful. You should end week eight feeling refreshed and 'bouncy', ready to tackle the final few weeks of quality training, and go into your race all set to aim for a new personal best time.

## **Weeks nine to twelve**

Weeks nine and 10 will feel good. Your interval sessions and tempo runs should feel fast, your easy runs will feel comfortable because of your increased fitness levels, and the hills session will feel much more comfortable than when you first started.

Saturday's four mile time trial in week 10 will be a good test for your race pace. Treat this run as if it were your race. Do everything as you plan to on race day - get up at the same time, eat what you plan to eat before the race and wear the same clothes.

In week 11 you begin to taper - that means easing off training and freshening up for the race. Tuesday's and Thursday's sessions are short and sharp and well within your abilities so you will get a good feeling of running at speed - faster than you will need to in your 10km race.

Tuesday's tempo run in week 12 will leave your legs feeling accustomed to your expected race pace, although you should finish the run feeling as though you could keep on going.

Come race day you should feel fresh, light on your feet and well prepared for a good run at the weekend.