TRAINING PLAN

Advanced Plan - 10km

Training. Your running, cross training and conditioning sessions comtained within this plan need to progress over the weeks and get more specific to the distance for whcih you are trianing. .
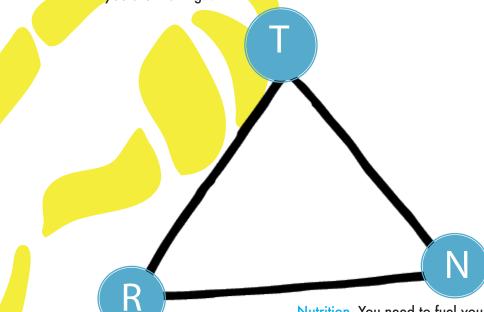
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Keeping it all in balance.

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is the training triangle you see to the right. Most of us think about the training sessions we need to do to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also considered as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition by ensuring you listen to you body and respect its need to rest in order to improve.

N

R

Nutrition. You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to both have the energy to train hard, but also heal muscles and cells between sessions and keep you immune system, blood and bones strong.

Rest. Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Recovery run: 30 - 45 mins	Threshold run: 5 x 5 mins @ with 90s jog recovery within a 50-60 minute run	45-60 minute easy run or cross training pre breakfast	10 mins easy pace 10 mins steady pace 10 mins threshold	REST	Hills: 6 mins @ threshold + 10 x 45s secs fast up hill with a jog back recovery + 6 mins @ threshold within 50-60 min run	Long Run: 75 mins conversational
2.	Recovery run: 40 mins	Threshold run: 6 x 5 mins @ with 90s jog recovery within a 50-60 minute run	45-60 minute easy run or cross training pre breakfast	15 mins easy pace 15 mins steady pace 15 mins threshold	REST	Hills: 6 mins @ threshold + 10 x 50s secs fast up hill with a jog back recovery + 6 mins @ threshold within 50-60 min run	Long Run: 75 mins conversational
3.	Recovery run: 40 mins	Threshold run: 3 x 10 mins @ with 2 min jog recovery within a 50-60 minute run	45-60 minute easy run or cross training pre breakfast	10 mins easy + 20 mins at threshold effort + 10 mins easy	REST	Hills: 8 mins @ threshold + 10 x 50s secs fast up hill with a jog back recovery + 8 mins @ threshold within 50-60 min run	Long Run: 80 mins conversational
4.	Recovery run: 40 mins	Threshold run: 6 x 5 mins @ with 90s jog - aim to run last 2 at 10km pace	45-60 minute easy run or cross training pre breakfast	8 x 3 minutes with the odd numbers at threshold effort, the evens at 3-5km effort with 75s rest.	REST	Hills: 8 mins @ threshold + 10 x 60s secs fast up hill with a jog back recovery + 8 mins @ threshold within 50-60 min run	Long Run: 80-90 mins conversational

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Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.	Recovery run: 30-40 mins	6 mins threshold (3) + 6 x 800 @10k pace (90)	40 mins easy cross trianing or rest	10 mins easy pace 10 mins steady pace 10 mins threshold	REST	5k park run or TT then 5 min jog then 3x5 mins @ threshold (90)	Long Run: 75 minutes
6.	Recovery run: 40 mins	5 x 1200 @ 10k pace off (90) Lap jog then 3x400 (60) @ 5k pace	45-60 minute easy run or cross trianing pre breakfast	45 mins with last 20-25 mins @ threshold	REST	45 minute easy run	Long Run: 90 minutes with the last 20 @ threshold
7.	Recovery run: 40 mins	8 x 1km at 10 km pace with 80 s jogged recovery	45-60 minute easy run or cross trianing pre breakfast	45 minutes with the last 25 minutes at threshold effort	REST	10/10/10/10 progression run 10 mins easy, 10 mins steady, 10 mins threshold, 10 mins 10k effort	Long Run: 1 hour 40 inutes with the final 40 steady pace, first 60 easy
8.	Recovery run: 40 mins	10x400 @5k effort (60) then 5 min jog then 4k@ threshold	45-60 minute easy run or cross trianing pre breakfast	45 minute easy run	REST	5k @ 10k pace then 5 min jog then 3k threshold	Long Run: 1 hour 40 inutes with the final 40 steady pace, first 60 easy

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Recovery run: 40 mins	1 mile threshold (3) + 7 x600 @ 3k pace (200 jog rec) (3) + 1 mile threshold	45 minute easy run or cross training pre breakfast	60 minute easy run	REST	2k @ 10k pace (3) + 3 x 1k @ 5k pace (75) (3) + 4 x 400 @ 3k pace (60,45, 30 sec recovery)	70 min conversational paced run
10.	Recovery run: 30-40 mins	4x800 @10k effort (90) (3) + 3x200 stride @ 3k effort off 200 jog	45 minute easy run	30 minute easy run with last 10 mins at threshold	REST	20-30 easy minute jog	10k Race!!

Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

Threshold Runs (THR)

After the long run threshold runs are probably your most valuable workouts. They are run at a controlled brisk pace, about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running economy and aerobic capacity .

Long Runs (LR)

Long runs are vital in your plan and key to racing well in long distance races
from 5km – marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort. Gradually this will build to 75% of WHR as you start to practice periods of race pace running. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

Glossary

Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of your max heart rate, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes @ 5km race pace with a 90 second jog recovery.

Rac Pace (MP)

Understanding the pace and effort you intend on running your race at is very important. Pace judgment and patience on the big day will be crucial to running your best 5km-marathon.

Warming Up/Warm down (WU)

When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement.

Cross-Training & core conditioning (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, the cross trainer etc, otherwise you are more likely to pick up an annoying injury that will set back your training. More experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running.

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