



ADVANCED 10K SCHEDULE

TARGET: IMPROVE 10K TIME

PREREQUISITE: ADVANCED 5K

SCHEDULE: 6 DAYS PER WEEK

WEEK 1

MONDAY

40 min with hills

TUESDAY

25 min pace run

WEDNESDAY

60 min easy

THURSDAY

20 min x 1 min fast (1 min easy)

FRIDAY

Rest

SATURDAY

X Country race or road race

SUNDAY

80 min easy

WEEK 2

MONDAY

40 min fartlek

TUESDAY

2 x 10 min (3 min)

WEDNESDAY

60 min easy

THURSDAY

8 x 3 min (90 sec)

FRIDAY

Rest

SATURDAY

20 min fast run

SUNDAY

90 min easy

WEEK 3

MONDAY

Rest

TUESDAY

30 min steady

WEDNESDAY

3 x 5 min run; 3 min jog in between

THURSDAY

Rest

FRIDAY

35 min steady

SATURDAY

Rest

SUNDAY

50 min easy

WEEK 4

MONDAY

40 min fartlek

TUESDAY

6 x 5min (2 min)

WEDNESDAY

60 min easy

THURSDAY

2 x 4, 3, 2, 1 min fast (90 sec rec)

FRIDAY

Rest

SATURDAY

45 min steady

SUNDAY

90 min easy

WEEK 5

MONDAY

20 min race pace

TUESDAY

30 min steady

WEDNESDAY

40 min easy

THURSDAY

30 min steady

FRIDAY

Jog and strides

SATURDAY

Rest

SUNDAY

10K race