



## Training Plan - Advanced

*Unless otherwise stated, the times are in minutes. Apart from the easy runs, warm up and cool down should be at least 7 mins.  
As an alternative, the easy runs can be in miles with 1M warm up and 1M cool down. The total mileage is on the second line.*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	3x7mins, 3 rec	40 easy	50 easy	6x3mins, 90s rec	Rest	45 easy	70 easy	
	7	6	7	7		7	10	44
2	5x5mins @10k pace	40 easy	20min tempo	Rest	45 easy	12x1min hills	80 easy	
	8	6	5		7	6	11	43
3	8x90secs, 45s rec	40 easy	6x5mins, 3 rec	Rest	45 mins	<b>Parkrun</b> (or race Sun)	90 easy	
	6	6	8		7	5	12	44
4	4x5mins, 2 rec	45 easy	60 easy	12x1min hills	Rest	30 easy	90 easy	
	7	7	9	6		4	12	45
5	3k time trial	40 easy	30 tempo	60 easy	Rest	<b>Parkrun</b> (or race Sun)	90 easy	
	5	6	7	9		5	12	44



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
6	12x2mins @ 10k pace	30 easy	8x3mins, 90s rec	60 easy	Rest	12x1min hills	90 easy	
	6	4	7	9		6	12	44
7	8x4min hard, 2 rec	50 easy	70 easy	20 @ 10k pace	Rest	40 tempo	90 easy	
	8	7	10	6		8	12	51
8	12x90secs, 45s rec	50 easy	60 easy	40 tempo	Rest	<b>Parkrun</b>	75 easy	
	7	7	9	8		5	10	46
9	12x1min, 30s rec	70 easy	60 easy	Rest	12x1min hills	45 easy	80 easy	
	6	10	9		6	6	11	48
10	8x200m	50 easy	30 easy	Rest	<b>Twilight 10k</b>			
	4	7	4		8			23