ADVANCED 10KM RUN PROGRAM

Hints and Tips:

As mentioned previously, this is not an elite program but more for a runner that has started from scratch and is now developing the inkling to run faster over a 10km distance.

Week 1

- Monday   10km easy
- Tuesday   2km easy warm-up/8km club time trial hard
- Wednesday   10km easy
- Thursday   Rest day
- Friday   10km easy recovery run
- Saturday   Rest day
- Sunday   15km tempo run on flat ground if possible

Weekly mileage of 55km

Week 2

- Monday   Rest day
- Tuesday   Track/2km easy/6 x 1km intervals hard rest 60 secs
- Wednesday   12km easy recovery run/heart rate low
- Thursday   2km warm-up/4 x 1km hill interval tempo up/easy down
- Friday   Rest day
- Saturday   10km easy slow run
- Sunday   15km easy run as per Saturday

The weekly mileage stays at 55km. The hill session is important. The hill should be quite long but not steep at all. Try and find a gradual incline that goes for about 1km. Keep the pace steady and do not try sprint it.this will give you supreme strength if done enough times over a long period.

Week 3

- Monday Rest day
- Tuesday   2km easy/8km club time trial/2km recover run
- Wednesday   12km recovery run
- Thursday   2km warm-up/8 x 1km at tempo pace, rest only 20 secs
- Friday   12km recovery run
- Saturday   Rest day
- Sunday   18km long run/slow pace

We've increased the mileage slightly this week to 64km, but kept the basic programme much the same.

Week 4

- Monday   Rest day
- Tuesday   8km club time trial at tempo pace only/not fast
- Wednesday   15km easy run/recover
- Thursday   Rest day
- Friday   Rest day
- Saturday   8km easy slow run
- Sunday   10km road race/sufficient warm-up before the gun goes

Race week will have a total mileage of 41km. You should have good strength after 8 weeks of solid training and are ready to have a good crack at the 10km race.