



Advanced 10km programme

This programme is for you if you consider yourself to be an advanced runner. You will probably have completed 10km (6 miles) races before, perhaps following the Bupa beginner and intermediate training programmes.

One km is equivalent to 0.6 miles. For this training programme, distances in miles have been rounded to the nearest whole number for simplicity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	3 miles (5km) steady	Rest	5 miles (8km) steady	5 miles (8km) fartlek	Rest	3 miles (5km) easy	6 miles (10km) long run
Week 2	3 miles (5km) steady	Constant speed 2 x 10 mins <i>(5 mins recovery run between sets)</i>	5 miles (8km) steady	Intervals 4 x 800m <i>(400m recovery run between sets)</i>	Rest	3 miles (5km) steady	6 miles (10km) long run
Week 3	4 miles (6km) steady	Hills 6 x 1 mins	5 miles (8km) steady	Intervals 3 x 1000m <i>(400m recovery run between sets)</i>	Rest	4 miles (6km) steady	7 miles (11km) long run
Week 4	4 miles (6km) easy	Rest	5 miles (8km) fartlek	4 miles (6km) steady	Rest	20 mins jog	3 miles (5km) race pace or 5 miles (8km) time trial
Week 5	4 miles (6km) easy	Hills 5 x 90 secs	5 miles (8km) steady	Intervals 8 x 400m <i>(200m recovery run between sets)</i>	Rest	4 miles (6km) steady	7 miles (11km) long run
Week 6	4 miles (6km) steady	Constant speed 2 x 15 mins <i>(5 mins recovery run between sets)</i>	6 miles (10km) steady	Intervals 4 x 1000m <i>(500m recovery run between sets)</i>	Rest	4 miles (6km) steady	9 miles (14km) long run
Week 7	4 miles (6km) steady	Hills 6 x 2 mins	6 miles (10km) steady	Constant speed 15 mins <i>(5 mins recovery run)</i> 10 mins <i>(4 mins recovery run)</i> 5 mins	Rest	5 miles (8km) steady	10 miles (16km) long run
Week 8	5 miles (8km) easy	Rest	6 miles (10km) fartlek	4 miles (6km) steady	Rest	3 miles (5km) easy	6 miles (10km) race pace/ time trial

Continued on next page

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	4 miles (6km) easy	Hills 7 x 1 min	6 miles (10km) steady	Intervals 6 x 800m <i>(400m recovery run between sets)</i>	Rest	5 miles (8km) easy	9 miles (14km) long run
Week 10	3 miles (5km) steady	Constant speed 3 x 10 mins <i>(5 mins recovery run)</i>	7 miles (11km) steady	Intervals 5 x 1000m <i>(400m recovery run between sets)</i>	Rest	4 miles (6km) time trial	7 miles (11km) long run
Week 11	3 miles (5km) steady	Hills 4 x 2 mins	6 miles (10km) easy	Intervals 8 x 400m <i>(200m recovery run between sets)</i>	Rest	5 miles (8km)	6 miles (10km) long run
Week 12	3 miles (5km) easy	5 miles (8km): 1 mile (2km) easy, 3 miles (5km) race pace, 1 mile (2km) easy	Rest	5 miles (8km) easy	Rest	15 to 20 mins very easy jog	10 km RACE



Notes

