



8 Week 10k Training Program - Advanced

Training Days:		5			Goal:	PR		Sport:	Running
Level:		Advanced			Intensity:	Hard		Designer:	Scott Welle
<i>Week</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<i>Phase</i>	
1	30' Clearance Run	3 Miles Easy + 8 x strides	30' Clearance Run	3 Mile Foundation Run	Active Recovery	3 Mile Foundation Run	Rest	Base	
2	30' Clearance Run	3 Miles Easy + 8 x strides	30' Clearance Run	3 Mile Foundation Run	Active Recovery	3 Mile Foundation Run	Rest	Base	
3	30' Clearance Run	4 Miles Easy + 10 x strides	30' Clearance Run	4 Mile Foundation Run (hilly)	Active Recovery	4 Mile Foundation Run	Rest	Build	
4	30' Clearance Run	4 x 800 w 2' RI	30' Clearance Run	4 Mile Foundation Run (hilly)	Active Recovery	5 Mile Foundation Run	Rest	Build	
5	30' Clearance Run	5 x 800 w 2' RI	30' Clearance Run	5 Mile Foundation Run (hilly)	Active Recovery	6 Mile Foundation Run	Rest	Build	
6	30' Clearance Run	8 x 400 w 1:30 RI	30' Clearance Run	4 Mile Foundation Run (hilly)	Active Recovery	6 Mile (2 x 3) Progression	Rest	Peak	
7	30' Clearance Run	6 x 400 w 1:30 RI	30' Clearance Run	40' Clearance Run + 4 strides	Active Recovery	3 Mile Foundation Run	Rest	Taper	
8	30' Clearance Run	3 Miles Easy + 8 x strides	30' Clearance Run	25' Clearance Run + 4 strides	Active Recovery	RACE DAY	Rest	Race	

Notes:

- Start by doing an 800m time trial and plug the number into the Metabolics calculator at <http://runM5.com/metabolics> to determine Foundation, Progression and Interval Run pacing
- RI = Recovery Interval (jogging, not walking). 2' = 2 minutes.
- Strides are always done after the completion of a run
- Active Recovery can be anything non-impact and not taxing on the legs
- Foundation runs should be done mostly on flats...unless you are training for an extremely hilly race