



ADVANCED 10K PROGRAM

This programme is for you if you consider yourself to be an advanced runner. You will have already completed 10km (6 miles) races before, and are looking for a sub 45 min finish.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Strength training	40 mins steady RPE 6-7	40 mins tempo run RPE 7	Rest	30 mins recovery run or strength training	Long run 6 miles.
Week 2	Rest	Strength training	40 mins steady RPE 6-7	30 mins interval run	Rest	30 mins recovery run or strength training	Long run 6 miles.
Week 3	Rest	Strength training	40 mins steady RPE 6-7	30 mins tempo run RPE 7-8	Rest	30 mins recovery run or strength training	Long run 7 miles.
Week 4	Rest	Strength training	40 mins tempo RPE 7	40 mins steady run	Rest	40 mins recovery run or strength training	Long run 5 miles.
Week 5	Rest	Strength training	40 mins steady RPE 6-7	40 mins tempo run RPE 7-8	Rest	40 mins recovery run or strength training	Long run 7 miles.
Week 6	Rest	Strength training	40 mins steady RPE 6-7	30 mins interval run	Rest	40 mins recovery run or strength training	Long run 9 miles.
Week 7	Rest	Strength training	40 mins steady RPE 6-7	40 mins tempo RPE 7-8	Rest	50 mins recovery run or strength training	Long run 10 miles.
Week 8	Rest	Strength training	40 mins tempo RPE 7	30 mins steady run	Rest	50 mins recovery run or strength training	Long run 6 miles.
Week 9	Rest	Strength training	40 mins steady RPE 6-7	40 mins tempo run RPE 8	Rest	50 mins recovery run or strength training	Long run 9 miles.
Week 10	Rest	Strength training	40 mins steady RPE 6-7	40 mins interval run	Rest	60 mins recovery run or strength training	Long run 5 miles.
Week 11	Rest	Strength training	40 mins steady RPE 6-7	50 mins tempo run RPE 7-8	Rest	30 mins recovery run or strength training	Long run 6 miles. Race pace
Week 12	Rest	Strength training	Rest	Rest	20 mins easy run	Rest	RACE DAY

What is RPE (rate of perceived exertion)?

The **RPE** scale is used to measure the intensity of your exercise. The **RPE** scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. Below is the **RPE** Scale.

Running Rate of Perceived Exertion (RPE) KEY

RPE 2	Recovery	Active Recovery
RPE 4	Easy	Warm up/Cool down
RPE 6	Easy-Moderate	TR Endurance
RPE 7	Moderate	TR Sustained Power
RPE 8	Moderate-Hard	TR Threshold
RPE 9	Hard	TR VO2max
RPE 10	All-Out	TR High Power
RPE N/A	Sprint	TR Burst Power

Types of training

All the training programmes involve long runs and light / moderate (recovery) runs, and some also include faster runs (tempo and speed).

Steady runs

These runs should be at a slightly challenging pace with an effort level of six to seven. You should be able to hold a conversation, but find it difficult. This will become your race pace and be used for your long runs. It will increase your distance and build up your aerobic fitness, efficiency and endurance.

Tempo runs

Constant speed running is sometimes referred to as tempo running. This improves your running pace.

Although the true definition of tempo running varies, aim to run at a constant speed that feels 'comfortably hard'. This should be about an 8 on the effort scale. Stick to about 15 to 20 minutes at this pace and always include warming up and cooling down as follows:

- **30 mins total:**
 - 5 mins warm up (effort level 5)
 - 20 mins tempo running (effort level 8)
 - 5 mins cool down (effort level 3–4)
- **40 mins total:**
 - 4 mins warm up (effort level 5)
 - 15 mins tempo running (effort level 8)
 - 3 mins easy jog (effort level 5)
 - 15 mins tempo running (effort level 8)
 - 3 mins cool down (effort level 3–4)
- **50 mins total:**
 - 5 mins warm up (effort level 5)
 - 20 mins tempo running (effort level 8)
 - 5 mins easy jog (effort level 5)
 - 15 mins tempo running (effort level 8)
 - 5 mins cool down (effort level 3–4)

Interval training

Training with intervals builds your aerobic fitness, strength and speed. Interval training involves running fast (but not sprinting), over a set distance or time, at an effort level of 9. Follow each hard interval with an easy one of at least the same length, then repeat. Try using a treadmill or running track to help you get the distances and times right.

As you go through your training programme, try filling the recommended time with these sequences:

- **Starting interval training:**
 - 30 secs running (effort level 9)
 - 2 mins easy jog/walk (effort level 5)
- **Hitting your stride (from week 8):**
 - 1 min running (effort level 9)
 - 2 mins easy jog/walk (effort level 5)
- **Closer to race day (from week 12), try short/fast intervals and longer/slower ones, eg:**
 - 30 secs sprinting (effort level 10)
 - 90 secs easy jog / walk (effort level 5) (repeat x 5)
 - 3 mins running (effort level 9)
 - 4 mins easy jog / walk (effort level 5) (repeat x 2/3)
 - 30 secs sprinting (effort level 10)
 - 90 secs easy jog / walk (effort level 5) (repeat x 2/3)

Real people. Real results.