

10K TRAINING PLAN

ADVANCED



BEFORE YOU BEGIN....

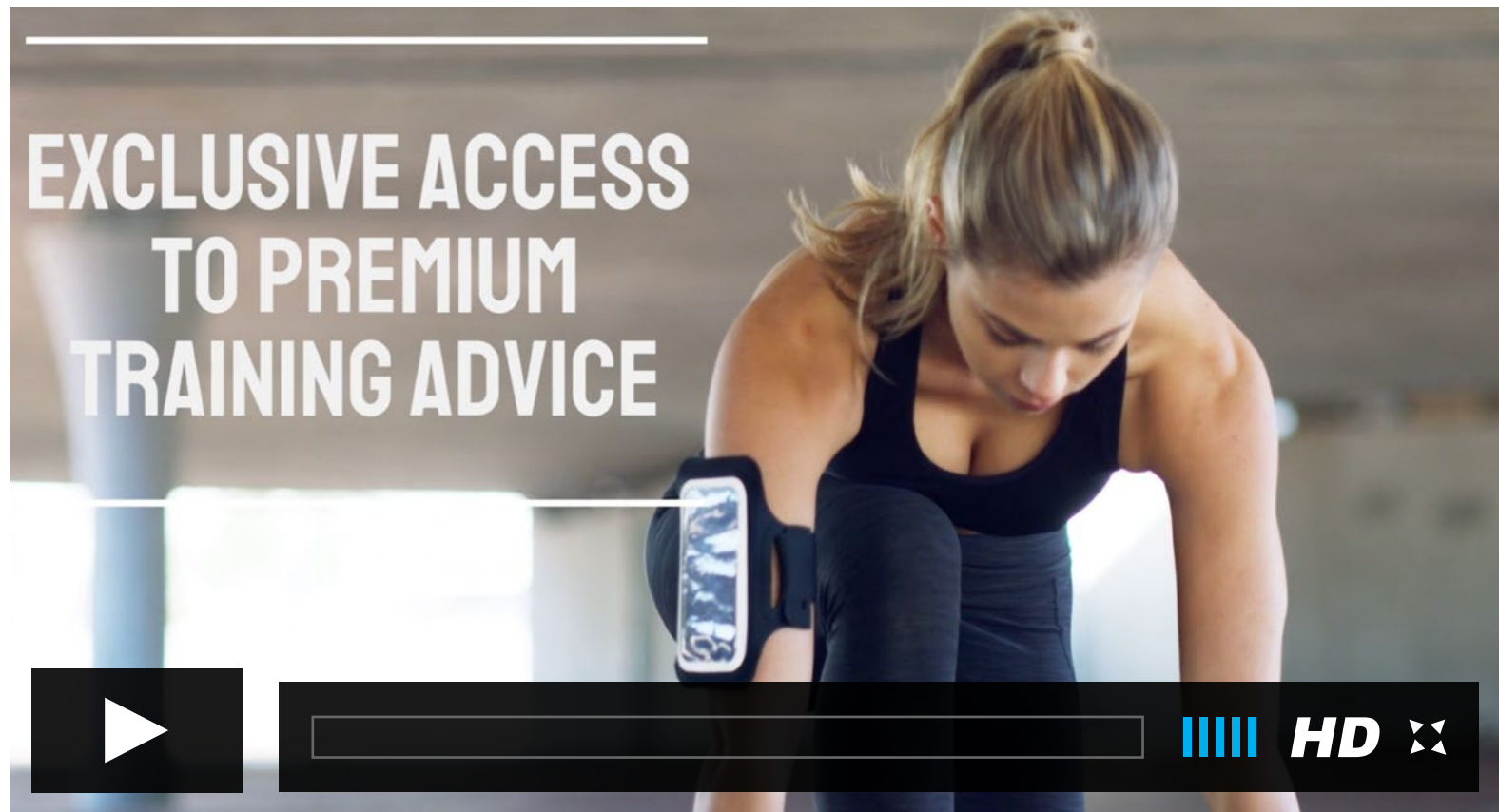
Explanation of Training Session Terms:

- **Easy Run** - This is a really gentle jog that is not taxing at all. It's a really gentle pace and one which should be done with a very relaxed mindset.
RPE Scale - 3-4
- **Steady Run** - This is the pace the majority of your runs should be run at. It's a "comfortable pace" and a pace which you feel you can run for a long period of time. You should just about be able to count to 10 in one breath whilst running at this pace and you should certainly be able to hold a conversation with someone.
RPE Scale - 4-5
- **Tempo Run** - This pace is a notch up from a steady pace and should feel that much more of an effort. Initially, you will only be able to hold this pace for a mile or 2, but this will increase to 8-10 miles over time.
RPE Scale - 6-7
- **Fartlek** - Predominantly an easy or steady run, but with randomised fast intervals thrown in every now and again. Include as many intervals as you like - as often, as far and as fast as you wish.
RPE Scale - 3-8 (8 being max intensity of "fartlek" segment)
- **Cross Train** - Any other cardiovascular activity that is NOT running. Common forms of cross training include cycling, rowing & swimming.
- **Intervals** - Structured and high intensity running intervals with a set period of rest. Popular intervals include:
 - 4 x 1 mile or 1km intervals - with 4-5 mins *rest in-between intervals.
 - 8 x 800m intervals - with 3 mins *rest in-between intervals.*RPE Scale - 2-9 (9 being max intensity of "interval")*
**It's ok to just walk during your rest period.*

RATE OF PERCEIVED EXERTION (RPE) SCALE.

R.P.E SCALE	HOW YOU FEEL	%HR MAX
1	Chilling. Sitting down, feet up watching a movie.	30-40%
2	A steady walking pace.	45-55%
3	A light jog.	60-70%
4	A perfect sociable pace. Quicker than a jog but able to have a chat.	70-75%
5	Pretty comfortable. Got a good sweat on and you feel great.	75-80%
6	Comfortable -ish. You feel like it's good paced run.	80-85%
7	Talking getting difficult. Possible - but not very easy.	85-90%
8	Only short answers to important questions possible.	90-95%
9	Talking all but impossible.	95%+
10	Talking is impossible. You can only keep this intensity up for 10-15 seconds or so.	N/A

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	REST	2-3km (15-20 mins) steady	Rest	3km (20 mins) steady with bursts	15-20 minute tempo	Rest	3-4 km steady
2	REST	3-4km (20-25 mins) fartlek	Rest	3-4km (20-25 mins) steady	15-20 minute tempo	Rest	4-5km steady (25mins)
3	REST	4km (20-25 mins) fartlek	Rest	3-4km (20-25mins) steady	20 -25 minute tempo	Rest	4-5km steady (25-30min)
4	REST	4-5km (20-30 mins) fartlek	Rest	3-4 km Steady	20 -25 minute tempo	Rest	5-6km steady (30-35mins)
5	REST	1 km intervals x 4 (3-4 min rest)	Rest	4-5 km Steady	20 -25 minute tempo	Rest	6-7km steady (35-40 mins)
6	REST	1 km intervals x 4 (3-4 min rest)	Rest	5-6km Steady	30-35 minute tempo	Rest	7-8km steady (40-45mins)
7	REST	1km intervals x 5 (3-4 min rest)	Rest	6-7km steady	30-35 minute tempo	Rest	8-9km steady (45-50mins)
8	REST	800m (3min)intervals x 6 (3-4 min rest)	Rest	6-7km Steady	40-45 minute tempo	Rest	9-10km steady (50-55 mins)
9	REST	800m (3-4min)intervals x 8 (3-4 min rest)	Rest	7-8km steady	40-45 minute tempo	Rest	9-11 km steady (50 - 60 mins)
10	REST	400m (3-min)intervals x 8 (3-4 min rest)	Rest	3-4km steady	Rest	Rest / 2k steady	RACE DAY



LOGIN AND LEARN

The [GH Training Video & Tutorial Library](#) is the perfect compliment to this plan.

Featuring a wide range of nutrition, training and injury prevention videos and vlogs, the library is there to help you get the most out of training.

Access is **free** - so if you don't know your login code, ask your Organisation for the details.

Key points on how to use the Advanced timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll only make it worse. If an injury persists, seek professional advice.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

TRAINING DIARY

DATE	DISTANCE RUN	NOTES

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