

Intermediate - Advanced 10km Training Plan

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HostPipe
Website Design & Development

The Heart Rate Monitor Shop

www.heartratemonitor.co.uk

THE FITFAQS.CO.UK 10K TRAINING PLAN

INTERMEDIATE / ADVANCED

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	2-3 mile jog	Rest	4 mile Fartlek 2 min fast 6 min slow	Rest	2-3 mile jog	Rest	3-4 mile - Fartlek 1 min fast 4 min slow
2	Rest	Rest	30 min jog with hills or sprints	Rest	3-4 mile jog	Rest	30-40 min - 60 sec sprints with 3 min slow
3	Rest or 2 mile gentle jog	Rest	5 mile jog	Rest	8x800m with 5 min rest	Rest	3 mile - tempo run
4	Rest or 2-3 mile gentle jog	Rest	3-4 mile jog with odd sprint of 30 sec	Rest	5 mile - 1 mile slow 1 mile fast	Rest	5-6 mile - with occasional sprint of 1min
5	Rest or 3 mile gentle jog	Rest	4 mile jog	Rest	4-5 mile tempo run	Rest	6 mile jog - with occasional sprint
6	Rest or 3 mile gentle jog	Rest	10x800m with 4 min rest	Rest	4 mile - with hills or odd sprint	Rest	6 mile steady run
7	Rest or 3 mile gentle jog	Rest	5 mile - 3 min fast 4-5 min slow	Rest	4 mile jog	Rest	6 mile - 2 min fast 4 min slow
8	Rest or 3 mile gentle jog	Rest	5 mile Tempo run	Rest	12x500m with 3 min rest	Rest	6 mile jog with odd sprint
9	Rest or 3 mile gentle jog	Rest	5 mile - 2 min fast 5 min slow	Rest	4 mile jog	Rest	6 mile - 1 min fast 3-4 min slow
10	Rest or 3 mile gentle jog	rest	3-4 mile jog	Rest	3-4 mile easy jog	Rest	RACE DAY

Key points on how to use the Training Plan

- Never be tempted to run with an injury.
- If you wish to include extra sessions, never attempt to do fartlek, interval or hill sessions on consecutive days. These are high intensity sessions and the body needs time to rest and recover.
- Feel free to alter the odd session every now and again. So if you feel like doing a forty five minute fartlek instead of a forty five minute hill session, go for it.
- Keep a regular check on your long runs that your mins/mile pace is consistent with your anticipated finishing time. If you are finding the pace tough going, either up your training or change your goal - there's always next year.

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