Advanced Training Program.

This training program is designed for runners who have been in regular training for at least 12 months. The training intensities used in the interval training days should be based on your current level of fitness rather than what you hope to reach. This should be based on an actual race performance achieved in the last month.

Week One
Sunday Long run--60 minutes. Steady pace 90 percent of predicted race pace.
Monday Rest day.
Tuesday Intervals. 5x1000m @ 102 percent of predicted race pace/3min recovery
Wednesday 30 minute easy run.
Thursday 3 x 10 minutes @ predicted race pace with 5 minutes easy running between each 10 minute effort
Friday Rest day.
Saturday Race or 30 minute steady run

Week Two
Sunday Long run--60 minutes.
Monday Rest day.
Tuesday Hill reps-find a hill between 500m and 800m. 6 reps with slow jog back recovery.
Wednesday 30 minutes easy run
Thursday 3 x 10 minutes@ predicted race with 5 minutes easy running between.
Friday Rest day.
Saturday 30 minutes steady run.

Week Three
Sunday Long run-- 60 minutes.
Monday Rest day.
Tuesday Intervals. 6 x 800m @ 102 percent / 2.5 minutes recovery.
Wednesday 30 minutes easy run
Thursday 3x10 minutes @ predicted race pace with 5 mins easy running between.
Friday Rest day.
Saturday Race or 30 minutes steady run.

Week Four
Sunday Long run--65 minutes.
Monday Rest day.
Tuesday Hill reps - 6 reps with slow jog back recovery.
Wednesday 30 minutes easy run.
Thursday 3x10 minutes@ predicted race pace with 5 mins easy running between
Friday Rest day.
Saturday 30 minutes steady run.

Week Five
Sunday Long run-- 65 minutes.
Monday Rest day.
Tuesday Intervals. 8 x 600 @ 105 percent / 2 minutes recovery.
Wednesday 20 minutes easy running followed by 10 x 100m strides 100m jog recovery.
Thursday 2x15 minutes @ predicted race pace with 5 mins easy running between.
Friday Rest day.
Saturday Race or 30 minutes steady run.

Week Six
Sunday Long run-- 65 minutes.
Monday Rest day.
Tuesday Hill reps. 8 reps with slow jog back recovery.
Wednesday 20 mins easy running followed by 10 x 100m strides jog recovery.
Thursday 2x15 minutes @ predicted race pace with 5 mins easy running between
Friday Rest day
Saturday 30 minutes easy running.

Week Seven
Sunday Long run--65 minutes.
Monday Rest day.
Tuesday Interval. 5 x 1000m @ 110 percent / 3 minutes recovery.
Wednesday 20 minutes easy running followed by 10 x 100m strides 100m slow jog recovery.
Thursday 20 minutes @ predicted race pace--10 minutes easy running--10 minutes @ predicted race pace.
Friday Rest day.
Saturday Race or 30 minutes easy running.

Week Eight
Sunday Long run--70 minutes.
Monday Rest day.
Tuesday Hill reps. 8 reps with slow jog back recovery.
Wednesday 20 minutes easy running followed by 10 x 100m strides 100m slow jog recovery.
Thursday 3 x 15 minutes @ race pace with 5 mins easy running between.
Friday Rest day.
Saturday 30 minutes easy run.

Week Nine
Sunday Long run.--70 minutes.
Monday Rest day.
Tuesday 6 x 800m @ 110 percent of race pace / 2.5 minutes recovery.
Wednesday 20 minutes easy running followed by 10 x 100m strides 100 m slow jog recovery.
Thursday 3 x 15 mins @ race pace with 5 minutes easy running between.
Friday Rest day.
Saturday 30 minutes easy run.

Week Ten
Sunday Long run--60 minutes.
Monday Rest day.
Tuesday Hill reps. 5 reps with slow jog back recovery.
Wednesday 20 minutes easy running followed by 10 x 100m strides 100m slow jog recovery.
Thursday 30 minutes @ race pace.
Friday Rest day.
Saturday 30 minutes easy run.

Week Eleven
Sunday Long run. 45 minutes.
Monday Rest day.
Tuesday Intervals. 8 x 600m @ 110 percent of race pace/2 minutes recovery.
Wednesday 20 minutes easy running followed by 10 x 100m strides with 100m slow jog recovery.
Thursday 30 minutes steady.
Friday Rest day.
Saturday 30 minutes easy run

Week Twelve
Sunday Long run. 45 minutes.
Monday Rest day.
Tuesday 20 minutes easy running followed by 10 x 100m strides with 100m slow jog recovery.
Wednesday 30 minutes easy run.
Thursday 30 minutes easy run.
Friday Rest day.
Saturday Rest day.

Sunday Race day.