

## Advanced Runners' Training Schedule

For runners who run 40 to 60 miles per week and expect to run the 10K between 34:00 and 40:00 for men, or 38:00 and 44:00 for women.

All other workouts (including the long runs) should be run at an easy training pace – emphasis on "easy." Hold yourself back to a pace about 90 seconds or 2 minutes per mile slower than your current 10K pace.

### Pre-Training Schedule

You should be able to run this schedule for four to five weeks without much discomfort before starting the 10K program. If not, give yourself some time to build up to that level gradually, or you may risk injury.

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
<b>Pre-Train</b>	Off	5M	4M	6M	5M	4M	7M

### Guide to Schedule:

- The distance in parentheses below 'fartlek'\* runs includes a mile each of warm-up and warm down, in addition to your fartlek sessions. For example, if it says Fartlek (4M) run 1 mile warm-up, 2 miles fartlek, and 1 mile warm down.  
\* Fartlek: is Swedish for "speed play" and consists of bursts of speed in the middle of a training run
- Whenever you see a pace denoted as 5K pace or 10K pace, this refers to the speed at which you estimate you could run a 5K or 10K on that given day.
- When you read "4-5 hills", that means you should do 4-5 repeats at 5K pace on a hill about 150 or 200 yards long. Long hills should be 400-600 yards long. If you find it too tedious to run repeats on a single hill, you can also find a route that incorporates the same number of hills, as long as the route is not very long.
- When you read the notation "4 x 880s", that means you should run four repeats of 880 yards each (two laps on the track). The pace below tells you how fast you should run them. For 880s, give yourself 2 minutes of rest between intervals; for 440s, give yourself 1-2 minutes.

### The schedule

The schedule peaks at about 45 miles per week.

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	Off	Fartlek (5M)	5M	6M	6M	4M	7M
2	Off	6 x 880s 5K-10K pace	5M	6M	Fartlek (5M)	4M	10M
3	4M	6 x 880s 5K-10K pace	5M	6M	6-8 hills 5K-10K pace	4M	9M
4	4M	8 x 440s 5K pace	5M	7M	5M	4M	12M
5	4M	6 x 880s 5K-10K pace	6M	7M	5-6 long hills 5K-10K pace	4M	10M
6	4M	10 x 440s 5K pace	6M	7M	6M	4M	14M
7	5M	8 x 880s 5K-10K pace	7M	8M	6-7 long hills 5K pace	2M	5K race (Or 6M)
8	4M	6M	7M	6M	6 x Fast 440s 5K minus 15 secs	4M	10M
9	4M	12 x 440s 5K pace	6M	7M	8-10 hills 5K-10K pace	2M	10K race (Or 8M)
10	4M	7M	5M	7M	8 x 880s 5K-10K pace	4M	10M
11	Off	8 x Fast 440s 5K minus 15 secs	6M	6M	8 x 880s 5K minus 15 secs	4M	7M
12	Off	8 x 440s 5K pace	3M	5M	Off	2M	RACE DAY