

## Training Program - 10K Advanced

**Designed for those with at least two to three year's running under their belt and have laid a base of 50 to 70 miles for two to three months leading up to it.**

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January 1, 2006

**Before beginning this program a runner should have at least two to three year's running under their belt and have laid a base of 50 to 70 miles for two to three months leading up to it.**

Daily mileage should be done at a conversational pace, between 60-75% maximum heart rate.

The program incorporates occasional off days, a speed workout (WO) every Tuesday (except those Tuesdays following a race), an anaerobic threshold (AT) workout most weeks except before a race, and three races prior to the goal race. More detailed information on these workouts appears below.

All workouts are in miles, unless otherwise noted.

	Mon	Tues*	Wed	Thurs**	Fri	Sat	Sun
Week 1	6	WO1	10	AT1	6	15	6
Week 2	6	WO2	10	AT2	6	15	6
Week 3	6	WO3	8	6	4	race (5K)	off
Week 4	6	8	10	AT3	6	15	6
Week 5	6	WO4	10	AT4	6	15	6
Week 6	6	WO5	8	6	4	race (5m)	off
Week 7	6	8	10	AT5	6	15	6
Week 8	6	WO6	10	AT6	6	15	6
Week 9	6	WO7	8	6	4	race (10K)	off
Week 10	6	8	10	AT7	6	12	off

Week 11	6	WO8	off	WO9	4	10	off
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Week 12	6	WO10	off	WO11	4	Race	off
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**Strides** should be done two to three times per week. 6-8 x 80-100 yards.

**Don't worry** if you are not meeting your goals in the races before your goal race. You are going to be tired from the speedwork and AT workouts, especially if you haven't done a lot of this type of workout before. Give your body time to adapt and concentrate on your goal. You'll note that as you get closer to your goal race, you will increase your number of rest days.

**\*Tuesday Speed Workouts (and a couple of Thursdays):**

Warm up at least 15-20 minutes. Most of it should be easy but as the body warms up the pace can be increased so that when it is time to do the repetitions the body is ready. Jog 10-20 minutes after the completion of the repetitions to cool down.

**WO1** = 10 x 400 @ 90-95% with 200 jog recovery. Warm up and cool down

**WO2** = 5 x 800 @ 85-95% with 400 jog recovery.

**WO3, 5, 7, & 10** = 12 x 200 @85-90% with 200 jog recovery.

**WO4** = 4 x 1200 @ 85-95% with 400 jog recovery.

**WO6** = 15 x 300 @ 85-90% with 100 jog recovery.

**WO8** = ladder: 400/ 800/1200/1200/800/400 @ 85-95% with 400 jog recovery. The reps should be faster coming down than they were going up.

**WO9** = 15 x 100 with 20 seconds rest.

**WO11** = 10 x 100 @ stride effort

**\*\*Thursday Anaerobic Threshold Workouts:**

AT workouts should be at approximately 77-88% of maximum heart rate. The newer you are to the sport and the less mileage you do the closer to the low end you should be.

**AT1** = 3 x mile @77-88% with 3 minutes easy running for recovery.

**AT2** = 2 x 1 and 1/2 miles @ 77-88% with three minutes easy running recovery.

**AT3, 5, & 7** = 5 x 800 @ 77-88% with 3 minutes easy running recovery.

**AT4** = 4 x mile @ 77-88% with 3 minutes easy running recovery.

**AT6** = 3 x 1 and 1/2 miles @ 77-88% with 3 to 4 minutes easy running recovery.