



Together we are  
beating cancer

# 10k training plan Advanced





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## Advanced

### Getting started

Performance training and fitness development can feel complicated, with lots of conflicting advice – but it doesn't have to be.

### Training

Your running, cross-training and conditioning sessions in this plan will progress over the weeks and become more specific to the distance you're training for.

### Nutrition

You need to fuel your training and recovery correctly, so you have the right macro- and micro-nutrients in your body for energy to train hard, repair muscles and cells between sessions, and support your immune system, blood and bones.

### Rest

Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

### Things to consider

- Always substitute cross-training for walking if you're injured, very sore or it's not safe to walk.
- If you have time, add core conditioning, Pilates or yoga classes once or twice a week.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a run.
- Always train at the specified efforts – don't work too hard.
- Tiredness builds up, so take extra rest if required.



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	Rest	Recovery run: 30–45 min	Pre-breakfast easy run or cross-training: 45 min–1 hr	Run: 10 min easy, 10 min steady, 10 min threshold	Rest	Hills: 50 min–1 hr run with 6 min threshold + 10 x (45 sec fast uphill with a jog back recovery) + 6 min threshold	Long run: 1 hr 15 min conversational
<b>2</b>	Rest	Recovery run: 40 min	Pre-breakfast easy run or cross-training: 45 min–1 hr	Run: 15 min easy, 15 min steady, 15 min threshold	Rest	Hills: 50 min–1 hr run with 6 min threshold + 10 x (50 sec fast uphill with a jog back recovery) + 6 min threshold	Long run: 1 hr 15 min conversational
<b>3</b>	Rest	Easy run: 40–50 min	Pre-breakfast easy run or cross-training: 45 min–1 hr	Run: 10 min easy, 30 min threshold, 10 min easy	Rest	Hills: 50 min–1 hr run with 8 min threshold + 10 x (50 sec fast uphill with a jog back recovery) + 8 min threshold	Long run: 1 hr 20 min conversational

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4</b>	Rest	<b>Easy run:</b> 50 min, pre-breakfast if possible	<b>Pre-breakfast easy run or cross-training:</b> 45 min–1 hr	<b>Run:</b> 8 x (3 min with the odd numbers at threshold, even numbers at 3–5k effort with 1 min 15 sec rest)	Rest	<b>Hills:</b> 50 min–1 hr run with 8 min threshold + 10 x (1 min fast uphill with a jog back recovery) + 8 min threshold	<b>Long run:</b> 1 hr 20 min– 1 hr 30 min conversational
<b>5</b>	Rest	<b>Easy run:</b> 40 min	<b>Pre-breakfast easy run or cross-training:</b> 40 min	<b>Run:</b> 10 min easy, 10 min steady, 10 min threshold	Rest	<b>Parkrun or self-timed 5k,</b> then 5 min jog, then 3 x (5 min at threshold) (90)	<b>Long run:</b> 1 hr 15 min
<b>6</b>	Rest	<b>Easy run:</b> 50 min–1 hr, pre-breakfast if possible	<b>Pre-breakfast easy run or cross-training:</b> 45 min–1 hr	<b>Run:</b> 45 min with last 20–25 min at threshold	Rest	<b>Easy run:</b> 45 min	<b>Long run:</b> 1 hr 30 min with the last 20 min at threshold
<b>7</b>	Rest	<b>Easy run:</b> 50 min–1 hr, pre-breakfast if possible	<b>Pre-breakfast easy run or cross-training:</b> 45 min–1 hr	<b>Run:</b> 45 min with last 25 min at threshold	Rest	<b>Rest or 30 min cross-training:</b> Last half harder than the first	<b>Long run:</b> 1 hr 40 min with first 1 hr easy, last 40 min steady

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<b>8</b>	Rest	<b>Easy run:</b> 50 min–1 hr, pre-breakfast if possible	<b>Pre-breakfast easy run or cross-training:</b> 45 min–1 hr	<b>Easy run:</b> 45 min	Rest	<b>Progression run:</b> 10 min easy, 10 min steady, 10 min threshold, 10 min 10k effort	<b>Long run:</b> 1 hr 40 min with first 1 hr easy, last 40 min steady
<b>9</b>	Rest	<b>Easy run:</b> 50 min–1 hr, pre-breakfast if possible	<b>Pre-breakfast easy run or cross-training:</b> 45 min	<b>Easy run:</b> 60 min	Rest	<b>Run:</b> 2k at 10k pace (3) + 3 x (1k at 5k pace) (75) (3) + 4 x 00 at 3k pace (1 min 45 sec, 30 sec recovery)	<b>Long run:</b> 1 hr 10 min conversational
<b>10</b>	Rest	<b>Run:</b> 40 min with 4 x (3 min at 10k pace, 2 min jog recovery)	<b>Easy run:</b> 45 min	<b>Run:</b> 20 min easy, 10 min threshold	Rest	<b>Easy run:</b> 20–30 min	<b>Race day – good luck!</b>