

# Advanced Run10k schedule

Run10k's official training partner Garmin has recommended this advanced training program to help you advance from good runner to an athlete. Garmin have worked closely with the professional sports coaches at Full Potential to create a training program to help you achieve your personal best.

This program is for the experienced runner with a good background of fitness and running. It consists of 5-6 runs each week. These are a variety of sessions including recovery running, Kenyan hills and long runs to develop strength and endurance, threshold running to develop speed endurance, longer intervals for 10km race pace and 5km intervals to develop your speed. You should also be conditioning your body with regular cross training, Pilates or aerobics. With this level of training it is important to listen to your body and if necessary allow an extra rest or recovery day.

## Training Elements for Endurance Running

### Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload. Remember: on rest days, that is exactly what you should be doing!

### Recovery Run (RR)

Training for endurance requires your body to work harder than it has ever done. To see improvement without breaking down, you'll need some recovery runs. These should be nice and easy and you should feel relaxed. Enjoy the scenery. You should be breathing easily and be capable of holding a conversation throughout the run. This will mean that you are running in the 60–65% range of your Maximum Heart Rate (MHR) and it should be no more than 45 minutes in duration. This allows your body to adapt to the training workload and therefore improve. It also helps with the removal of the waste products, which accumulate in your muscles after harder efforts.

### Threshold Runs (THR)

Threshold Runs (THR) A Threshold run is a run at a controlled brisk pace, about 80 – 85% of your MHR, you'll only be capable of speaking a couple words to your training partners but will help to improve your endurance and performance. After the long endurance runs, threshold runs are probably your most valuable workouts. You'll find them slightly uncomfortable and they'll require concentration, but they are well worth the effort.

### Long Runs (LR)

Long runs are vital. After all, 10k is quite a long way! At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at 65% of Maximum Heart Rate (conversational pace). Gradually this will build to 75% of Working Heart Rate as you start to race pace running. You should feel that you are pushing yourself but still have enough energy to sprint if necessary. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source. They also prepare you physically and mentally for the task ahead.

### Fartlek (F)

This is a Swedish term that literally means "speed play". It involves a number of bursts of effort over a variety of distances with a variable recovery. For example run for 30 mins including 6 burst of 2 minutes at 5km pace followed by 2 minutes at recovery pace. Originally the length of effort was based on the terrain, for example, pushing harder every time you came to a climb, no matter how long it was. But you can adapt it for your needs.

### Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 90–100% of MHR, depending on the duration of the event you are training for.

### 10k Pace Practice

Understanding the pace you are able to run your 10k is very important. Pace judgment is crucial to running your best race. 10k Pace Practice, at about 75% of MHR, allows your body and mind to get used to what will be required on the big day.

### Warming Up Runs (WUR)

When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement. It also allows your cardiovascular system to prepare.

### Cooling Down (CD)

Gentle jogging and light stretching allows your body to adjust back to a steady state. Cooling down stops blood pooling in your legs, and helps remove waste products, such as lactic acid, from the muscle cells, which helps to avoid undue muscle soreness.

### Cross-Training (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling and rowing etc; otherwise you are more likely to pick up an annoying injury that will set back your training. But more experienced runners should also add cross training to their regime. Endurance running requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Remember, though, that you are a runner, so just be careful not to make the cross-training, whether it is lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running. If you don't have access to a gym or exercise classes you can do aerobics at home or play a non contact sport with friends.

### Kenyan Hills (KH)

Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 10% incline for 90 seconds to two minutes at a steady pace. Turn immediately at the top and jog down the hill at a relaxed pace, then turn and repeat without any recovery. This type of session is used extensively by elite Kenyan athletes – so I call them Kenyan Hills – and are one of their main conditioning sessions. Like a threshold run, a hill session isn't a time for witty social intercourse, as you should be working at about 80–85% of MHR and be able to utter just a word or two.

### Pick Ups (PU)

Pick ups are where you gradually increase your running speed to a fast pace (but not a sprint) then hold that pace for 10 or 20 seconds. After the pickup return to your normal training pace.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Recovery run 30 mins	Threshold run 30 mins	Recovery run 30 mins	4 x 5 mins undulating route at threshold with 2 mins recovery	Rest	Kenyan hills 2 x 10 mins up hill effort	Long run 90 mins
2	Recovery run 30 mins	Threshold run 2 x 10 mins with 2 mins recovery	Recovery run 30 mins	Steady run 45 mins including 5 x 2 mins @ 10km pace with 1 minute recovery	Rest	Kenyan hills 20 mins uphill effort	Long run 90 mins
3	Recovery run 40 mins	3 x 7 mins @ threshold plus 3 mins @ 10km pace with 2 mins recovery	Cross training 60 mins	Intervals 4 x 5 mins at 10k pace with 2 mins recovery	Recovery run 30 mins	Kenyan hills 20 mins uphill effort	Long run 90 mins
4	Rest	2x5x2 mins @ 10k pace 60 seconds and 3 mins recovery	Cross training 40 mins	Recovery run 45 mins	Rest	Cross training 60 mins	Easy run 60 mins
5	Cross training 60 mins	4 x 6 mins threshold plus 3 mins @ 10km pace with 2 mins recovery	Recovery 45 mins	Intervals 5 x 5 mins at 10k pace with 3 mins recovery	Rest	Run 30 mins including 6 x 2 mins @ 5 km pace with 2 mins recovery	Long run 90 mins
6	Recovery run 45 mins	60 mins run including 30 mins at threshold pace	60 mins cross training	3 x 10 mins at 10k pace with 5 mins recovery	Rest	6 x 2 mins @ 5km pace with 2 mins recovery	Long run 90 mins
7	Recovery run 45 mins	Intervals 4 x 5 mins at 10k pace with 2 mins recovery	40 mins cross training	Recovery run 30 mins	Rest	Recovery run 15 mins include 5 x 20 second pick ups	2 x 3 miles at 10k race pace with 10 minute recovery
8	Recovery run 45 mins	Intervals 2 x 3 x 5 mins at 10k pace with 1 min and 3 min recovery	Recovery run 35 mins	Intervals 2 x 10 mins at threshold pace with 5 mins recovery	Rest	2x4x2 mins @ 5km pace with 1 min and 3 min recovery	Long run 90 mins
9	Rest	Intervals 4 x 2 km @ 10k pace with 90 seconds recovery	Recovery run 30 mins	60 mins including 20 mins @ threshold	Rest	Intervals 2x3x1km @ 5km pace with 1 min and 3 min recovery	Long run 90 mins easy
10	Recovery run 30 mins	Intervals 10 x 60 seconds @ 5km pace with 60 seconds recovery	30 mins cross training	Intervals 2x5x30 seconds @ 5km pace with 60 seconds and 3 mins recovery	Recovery run 15 mins include 5 x 20 second pick ups	Race a 5km	Long run 60 mins very easy
11	Rest	4 x 6 mins @ threshold plus 3 mins recovery	Recovery run 45 mins	60 mins including 30 mins @ threshold	Rest	Intervals 3 x 10 mins at 10k pace with 5 mins recovery	Long run 60 mins very easy
12	Rest	Intervals 2x5x60 seconds @ 5km pace with 60 seconds recovery	Recovery run 30 mins	Intervals 8x30 seconds @ 5km pace with 30 seconds recovery	Rest	Recovery run 15 mins include 5 x 20 second pick ups	10km Race Day!