



RUNNING TO POWER HEART RESEARCH

10K Running training plan for advanced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	60 mins Cross-Training + stretch	10 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	40 mins Cross-Training + stretch	45 min Steady effort run + stretch	Rest	10 mins warm-up, 8 x 2 mins at 90% effort with 60 secs recovery between efforts, 10 mins cool down	90 mins easy/steady effort long run + stretch
2	45 mins easy run + stretch	10 mins warm-up, 4 x 8 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	60 mins Cross-Training + stretch	45 min Steady effort run + stretch	Rest	10 mins warm-up, 6x3 mins at 90% effort with 60 secs recovery, 10 mins cool down	90 mins easy/steady effort long run + stretch
3	45 mins easy run + stretch	10 mins warm-up, 6 x 4 mins at 90% effort with 75 secs recovery between efforts, 10 mins cool down	45 mins Cross-Training + stretch	45 min Steady effort undulating run + stretch	Rest	10 mins warm-up, 4 x 8 mins undulating at Threshold effort with 60 secs recovery, 10 mins cool down jog	90 mins easy/steady effort long run + stretch
4	45 mins easy run + stretch	10 mins warm-up, 6x4 mins at 90% effort with 60 secs recovery, 10 mins cool down	45 min Steady effort run + stretch	45 mins run including middle 15 mins at Threshold effort	Rest	5km Park Run OR 10 mins warm up, 3 miles at 10km effort, 10 mins cool down	90 mins easy/steady effort long run + stretch
5	Rest	60 mins run incl middle 20 mins at Threshold effort	30 mins Cross-Training + stretch	45 mins easy run + stretch	Rest	3 x 2 miles at 10km effort with 5 mins recovery jog between efforts	60 mins easy long run

FIGHT FOR EVERY HEARTBEAT

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	45 mins easy run + stretch	10 mins warm-up, 6 x 5 mins at 90% effort with 60 secs recovery between efforts, 10 mins cool down	30 mins Cross-Training + stretch	40 mins run incl 5 x 60 secs at 5km effort with 60 secs recovery jog between efforts	25 mins easy run	5km Park Run	60 mins easy long run
7	Rest	10 mins warm-up, 4 x 8 mins at Threshold effort with 60 secs recovery, 10 mins cool down jog	30 mins Cross-Training + stretch	45 min Steady effort run + stretch	Rest	4 x 1 mile at 10km effort with 60 secs recovery jog between efforts	60 mins easy long run pace
8	Rest	10 mins warm-up, 5x3 mins at 90% effort with 60 secs recovery, 10 mins cool down	30 mins easy run + stretch	30 mins run: 10 mins easy + 10 mins at threshold effort + 10 mins easy	Rest	20 mins easy run incl 5 x 15 second strides	10km Race

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