



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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|------|----------------------------|--|----------------------------------|--|------------------|---|----------------------------|
| 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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