



# Advanced 10km programme

This programme is for you if you consider yourself to be an advanced runner. You will have already completed 10km (6 miles) races before, perhaps following the Bupa beginner and intermediate training programmes.



One mile is equivalent to 1.6 km. For this training programme, distances in miles have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Rest	40 mins steady	40 mins tempo	Rest	30 mins easy run or cross train	Long run: 6 miles (10km)
Week 2	Rest	30 mins tempo	40 mins steady	30 mins interval running	Rest	30 mins cross train	Long run: 6 miles (10km)
Week 3	Rest	30 mins interval running	40 mins steady	30 mins tempo	Rest	40 mins easy run or cross train	Long run: 7 miles (11km)
Week 4	Rest	Rest	30 mins tempo	40 mins easy	Rest	20 mins cross train	Long run: 5 miles (8km)
Week 5	Rest	30 mins interval running	40 mins steady	40 mins tempo	Rest	40 mins easy run or cross train	Long run: 7 miles (11km)
Week 6	Rest	40 mins tempo	40 mins steady	30 mins interval running	Rest	40 mins cross train	Long run: 9 miles (14km)
Week 7	Rest	30 mins interval running	40 mins steady	40 mins tempo	Rest	40 mins easy run or cross train	Long run: 10 miles (16km)
Week 8	Rest	Rest	40 mins tempo	30 mins easy	Rest	50 mins cross train	Long run: 6 miles (10km)
Week 9	Rest	30 mins interval running	40 mins steady	30 mins tempo	Rest	50 mins easy run or cross train	Long run: 9 miles (14km)
Week 10	Rest	40 mins tempo	40 mins steady	40 mins interval running	Rest	40 mins cross train	Long run: 5 miles (8km)
Week 11	Rest	40 mins interval running	40 mins steady	40 mins tempo	Rest	40 mins easy run or cross train	Long run: 6 miles (10km)
Week 12	Rest	30 mins tempo	Rest	Rest	20 mins easy	Rest	RACE

