RUNMUMS Advanced 10k Programme

This Advanced 10k Training Plan is designed to get those who can comfortably run a 10k and perhaps a half-marathon already. At this stage you are probably already doing a minimum of 30-miles a week and have comfortably completed our RUNMUMS Intermediate to 10k Programme.

Just a few things to bear in mind:

- Follow our RUNMUMS 10K plan and make a commitment to run five times a week.
- Each of the five runs is designed to work on increasing mileage with some higher intensity speed work.
  - One easy run designed to run at a conversational pace. So, if in doubt slow down.
  - Three slightly harder sessions to try and get the heart rate up by including some hills and/or speed work. Try and maintain good form and pace. It will feel harder, but it will make your stronger.
  - One longer run on or off-road. These are designed as slow, steady, gradual increases in your weekly mileage.
- Always start with a 5-minute warm-up jog or walk with some dynamic stretches.
- Always finish with a 5-10 stretching programme.
- There is nothing to suggest you need to run continuously either. If you feel tired, then walk until recovered but try and walk purposefully if you can.
- Rest and recovery days are just as important as run days; without them you will not improve. It allows your muscles to recover and build up strength.
- An option for those in-between rest days is to stretch, do some core strength training, or cross train such as biking, swimming, walking, Pilates, depending on how your body feels, but do not do too much that you burn yourself out.
- Unless you've planned to do a 10K event, then don't be afraid to repeat a week or drop back a week. Everyone is different.
- You can start at any stage depending on your current level of fitness.
- The programme is only a guide so please feel free to make any minor changes or swap the days around, but just make sure you have that rest day in between those runs.

Why not help with the motivation by entering one of our virtual events here:
https://shop.runmums.com
Happy running.
Love RUNMUMS

Week	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
1	Rest	1-mile warm-up, 4-mile tempo, 1-mile cool-down	Weights session	1-mile warm-up, stretch, 3 sets x 5 hills (200-250m), 1-mile cool-down	Core strength and conditioning	5-mile easy run	8-10-mile steady off-road run
2	Rest	1-mile warm-up, 4-mile tempo, 1-mile cool-down	Weights session	1-mile warm-up, stretch. Either 35 mins fartlek or 6 x 3 mins hard run, 3-min recovery in-between, 1-mile cool-down	Core strength and conditioning	5-mile easy run	10-mile steady off-road run
3	Rest	1-mile warm-up, 5-mile tempo, 1-mile cool-down	Weights session	1-mile warm-up, stretch, 3 sets x 5 hills (200-250m), 1-mile cool-down	Core strength and conditioning	6-mile easy run	10-mile steady off-road run
4	Rest	1-mile warm-up, 5-mile tempo, 1-mile cool-down	Weights session	1-mile warm-up, stretch. Either 40 mins fartlek or 8 x 3 mins hard run, 3-min recovery in-between, 1-mile cool-down	Core strength and conditioning	6-mile easy run	10-mile steady off-road run
5	Rest	1-mile warm-up, 5-mile tempo, 1-mile cool-down	Weights session	1-mile warm-up, stretch, 3 sets x 5 hills (200-250m), 1-mile cool-down	Core strength and conditioning	6-mile easy run	10-mile steady off-road run
6	Rest	1-mile warm-up, 5.5-mile tempo, 1-mile cool-down	Weights session	1-mile warm-up, stretch. Either 40 mins fartlek or 8 x 3 mins hard run, 3-min recovery in-between, 1-mile cool-down	Core strength and conditioning	6-mile easy run	10-mile steady off-road run
7	Rest	1-mile warm-up, 5-mile tempo, 1-mile cool-down	Weights session	1-mile warm-up, stretch, 3 sets x 5 hills (200-250m), 1-mile cool-down	Core strength and conditioning	5-mile easy run	8-mile steady off-road run

| 8 | Rest | 1-mile warm-up, 3-mile tempo, 4 x 100m faster runs, 1-mile cool-down | 3-mile steady run, 4 x 100m strides | Core Strength and conditioning | 3-mile easy run, 4 x 100m faster runs (walk in between) | Rest Day | 10K Race Day |

Congratulations on reaching your 10k GOAL!