



RUNMUMS

RUNMUMS Advanced Fast 10k Programme

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

Just a few things to bear in mind:

- Follow our RUNMUMS 10K plan and make a commitment to run six times a week.
- Each of the six runs is designed to increase your weekly mileage together with some high intensity speed work:
 - Two steady/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 tempo, hills and/or speed work. Try and maintain good form and pace. It will feel harder, but it will make you 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.

Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.

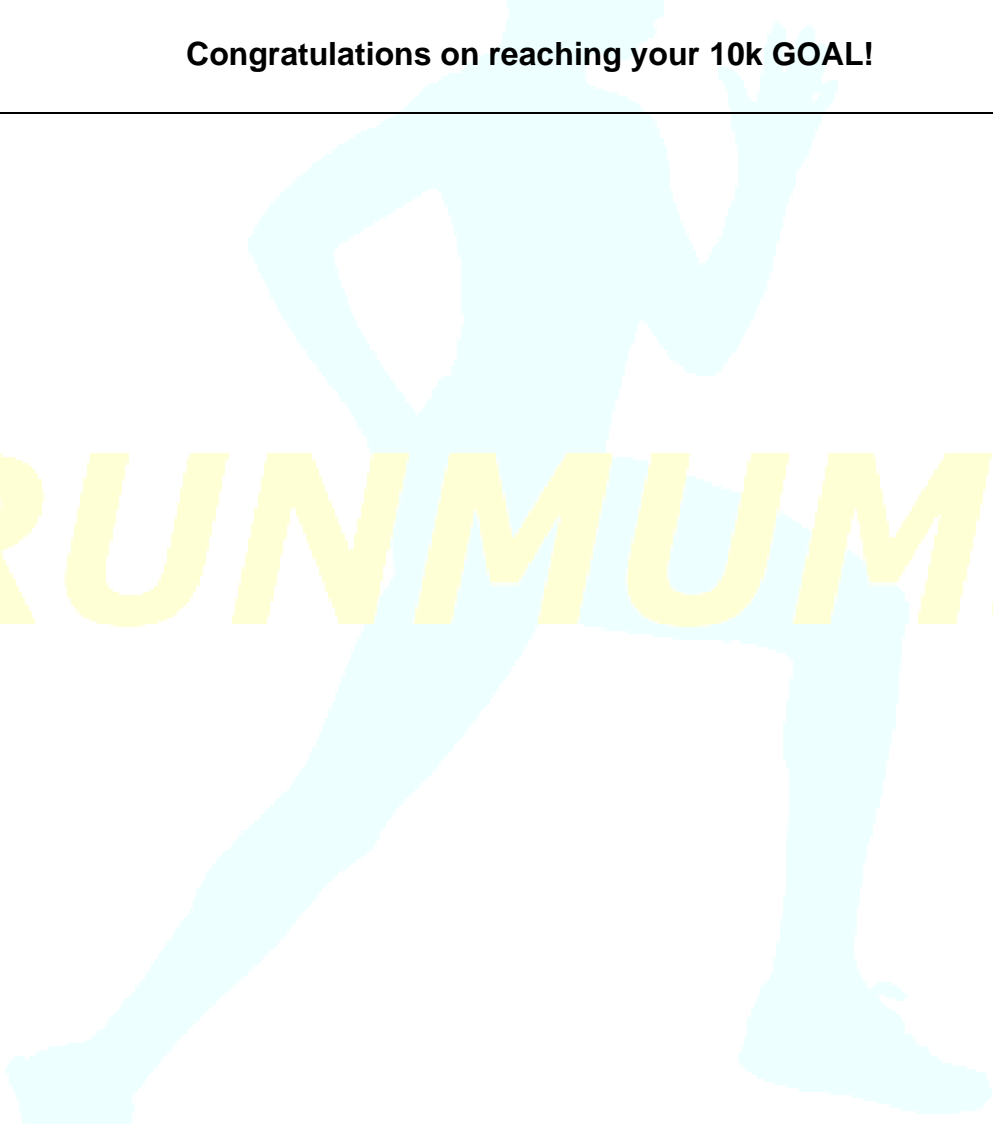
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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	40 to 45 min easy/steady run + Weight session	1-mile warmup, stretch, 2 sets x 7 hills (200m), jog down to recover and walk between each set, 1-mile cool-down	35 to 40 min steady run, Weights session	1-mile warmup, 3-mile tempo, 1-mile steady, 2-mile tempo, 1-mile cool-down	Core strength and conditioning	1-mile warmup, 35-mins fartlek, 1-mile cooldown	8 to 10-mile steady off-road run + core exercise
2	40 to 45 min easy/steady run + Weight session	1-mile warmup, stretch, 6 x 3 mins hard run with 2 mins jog recovery, 1-mile cool-down	35 to 40 min steady run, Weights session	1-mile warmup, 5-mile tempo, 1-mile cool-down	Core strength and conditioning	1-mile warmup, 35-mins fartlek, 1-mile cooldown	8 to 10-mile steady off-road run + core exercise
3	40 to 45 min easy/steady run + Weight session	2-mile warmup, 3 sets of 1000m, 600m, 400m with 200m recovery, 2-mile cooldown	35 to 40 min steady run, Weights session	1-mile warmup, 3-mile tempo, 1-mile steady, 2-mile tempo, 1-mile cool-down	Core strength and conditioning	1-mile warmup, 40-mins fartlek, 1-mile cooldown	8 to 10-mile steady off-road run + core exercise
4	40 to 45 min easy/steady run + Weight session	1-mile warmup, stretch, 8 x 4 mins hard run with 2 mins jog recovery, 1-mile cool-down	35 to 40 min steady run, Weights session	1-mile warmup, 6-mile tempo, 1-mile cool-down	Core strength and conditioning	1-mile warmup, 40-mins fartlek, 1-mile cooldown	8 to 10-mile steady off-road run + core exercise

5	40 to 45 min easy/steady run + Weight session	2-mile warmup, 4 x 1000m (target race pace), 4 x 400m (slightly faster than target race pace), 2 x 1000, 2 x 400m with 200m recovery, 2-mile cooldown	35 to 40 min steady run, Weights session	1-mile warmup, 3 x 2-mile tempo with 3-mins easy jog in-between, 1-mile cool-down	Core strength and conditioning	1-mile warmup, 40-mins fartlek, 1-mile cooldown	9 to 10-mile steady off-road run + core exercise
6	40 to 45 min easy/steady run + Weight session	1-mile warmup, stretch, 8 x 4 mins hard run with 2 mins jog recovery, 1-mile cool-down	35 to 40 min steady run, Weights session	1-mile warmup, 6-mile tempo, 1-mile cool-down	Core strength and conditioning	1-mile warmup, 40-mins fartlek, 1-mile cooldown	10-mile steady off-road run + core exercise
7	40 to 45 min easy/steady run + Weight session	2-mile warmup, 4 sets of light drills 1000m, 600m, 400m with 200m recovery, 2-mile cooldown	35 to 40 min steady run, Weights session	1-mile warmup, 5-mile tempo, 1-mile cool-down	Core strength and conditioning	1-mile warmup, 35-mins fartlek, 1-mile cooldown	8-mile steady off-road run + core exercise

8	30-min easy/steady run + light Weight session	1-mile warmup, stretch, 8 x 2 mins, with 2 mins jog recovery (controlled & strong), 1-mile cool-down	35 to 40 min steady run, 3 x 100m strides. Core exercises. .	Rest or 2 or 3- miles easy run, 4 x 100m strides walk in-between to recover	Rest if you ran yesterday otherwise yesterdays session	Rest Day	10K Race Day
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Congratulations on reaching your 10k GOAL!



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