

# ADVANCED TRAINING PLAN

10 week Training Programme, prepared by Rio Olympic marathon runner Sonia Samuels

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEK 1

40-45min easy run.

Warm Up 15min easy running + strides 8 x 400m @88-90s (90s recovery) Warm down 10-15min easy run

40-45min easy run.

5-6 miles with the last 2 miles @ 7.20 pace. (2-3min rest) 8 x 150m hills sprints (jog back recovery)

Rest

Warm-Up 15min 3 x 10min @ 7-7.10min/mile pace Warm down 10min

75min easy off road run.

WEEK 2

40-45min easy run.

Warm up 15min 6 x 800m@ 3.10-15 (2min recovery) Warm down 10min

45min easy run.

5-6 miles steady pace eg 7.30-40pace

Rest

Warm-Up 15min 2 x 15min @ 7-7.10min/mile pace Warm down 10min

75-80min easy off road run.

WEEK 3

45min easy run.

Warm-Up 15min 5 x 1k @4.05-10 (2-3min recovery) Warm down

45min easy run.

5-6 miles with the last 2 miles @ 7.20 pace. (2-3min rest) 8 x 150m hills sprints (jog back recovery)

Rest

Warm-up 15min 8k continuous alternating between 1k@ 4.15-20/1k@4.50 Warm down

75-80min easy off road run.

WEEK 4

45-50min easy run.

Warm Up 15min easy running + strides 2 sets of 6 x 400m @87-90s (90s recovery) 3-4min btw sets. Warm down 10-15min easy run

45-50min easy run.

5-6 miles steady pace eg 7.30-40pace

Rest

Warm-Up 15min 6 mile continuous @ 7.10 pace Warm down 10min

80-90mins easy off road/ trail run.

WEEK 5

45-50min easy run.

Warm up 15min 8 x 800m@ 3.10-15 (2min recovery) Warm down 10min

45-50min easy run.

6 miles with the last 2 miles @ 7.20 pace. (2-3min rest) 8 x 150m hills sprints (jog back recovery)

Rest

Warm-Up 15min 3 x 10min @ 7-7.05min/mile pace Warm down 10min

Up to 90mins easy off road/ trail run.

WEEK 6

45-50min easy run.

Warm-Up 15min 6 x 1k @4.05-10 (2-3min recovery) Warm down

50-60min easy run.

6 miles steady pace eg 7.25-35 pace

Rest

Warm-up 15min 8k continuous alternating between 1k@ 4.15/1k@4.45-50 Warm down

10-12miles easy off road/trail run.

WEEK 7

45-50min easy run.

Warm Up 15min easy running + strides 2 sets of 8 x 400m @86-88s (90s recovery) 3-4min btw sets. Warm down 10-15min easy run

50-60min easy run.

6 miles with the last 2 miles @ 7.20 pace. (2-3min rest) 10 x 150m hills sprints (jog back recovery)

Rest

Warm-Up 15min 2 x 15min @ 6.45-50min/mile pace Warm down 10min

12-13miles easy off road/trail run.

WEEK 8

45-50min easy run.

Warm up 15min 8 x 800m@ 3.10-12 (2min recovery) Warm down 10min

50-60min easy run.

7-8 miles steady pace eg 7.20-30pace

Rest

Warm-Up 15min 3 x 10min @ 6.35-40min/mile pace Warm down 10min

12miles easy off road/trail run.

WEEK 9

45-50min easy run.

Warm-Up 15min 5 x 1200m @4.50-55 (3min recovery) Warm down

45min easy run.

6 miles steady pace eg 7.20-30pace

Rest

Warm-Up 15min 6 mile continuous @ 6.45-55 pace Warm down 10min

9-10 miles easy off road run.

WEEK 10

40min easy run.

Warm Up 15min 4 x 1k @ 4min pace (2-3min recovery) 4 x 400m@85-90s (2min recovery)

Up to 40-45mins easy run.

Pre- Race: Up to 5miles of running with last 2miles@7.10-20 pace/mile. (2-3min recovery) 4 x 45s hard (90s recovery)

Rest

Very easy 25-30min run

RACE