

ADVANCED TRAINING PLAN

8 WEEK TRAINING PLAN

prepared by Rio Olympic marathon runner Sonia Samuels

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

WEEK 1	Rest	Warm Up 15min easy running + strides 8 x 400m @ 88-90s (90s recovery) Warm down 10-15min easy run	30-35min recovery run (no pace)	10k run, start easy, last 2k @ 4.35min/k pace (2-3min rest) 8 x 150m hills sprints (jog back recovery)	Rest	Warm-Up 15min 3 x 10min @ 4.10-4.20min/k pace Warm down 10min	75min easy off road run.
WEEK 2	Rest	Warm up 15min 6 x 800m @ 3.10-3.15min/k (2min recovery) Warm down 10min	35min recovery run (no pace)	8-10k steady pace (eg @ 4.40-4.45min/k pace)	Rest	Warm-Up 15min 2 x 15min @ 4.10-4.20min/k pace Warm down 10min	75-80min easy off road run.
WEEK 3	Rest	Warm-Up 15min 5 x 1k @ 4.05-4.10min/k (2-3min recovery) Warm down	35-40min recovery run (no pace)	8-10k run, start easy, last 2k @ 4.30min/k pace (2-3min rest) 8 x 150m hills sprints (jog back recovery)	Rest	Warm-up 15min 8k continuous alternating between 1k @ 4.15-4.20min/k, 1k @ 4.50min/k Warm down	75-80min easy off road run.
WEEK 4	Rest	Warm Up 15min easy running + strides 2 sets of 6 x 400m @ 87-90s (90s recovery) 3-4min between sets Warm down 10-15min easy run	40min recovery run (no pace)	8-10k steady pace (eg @ 4.40-4.45min/k pace)	Rest	10k Progression Run: 2k @ easy pace, 2k @ 4.20-4.25min/k 2k @ 4.15-4.20min/k, 2k @ 4.10-4.15min/k, 2k @ 4.00-4.05min/k pace	80-90mins easy off road/trail run.
WEEK 5	Rest	Warm up 15min 8 x 800m @ 3.10-3.15min/k (2min recovery) Warm down 10min	40-45min recovery run (no pace)	10k run, last 2k @ 4.30-4.35min/k pace (2-3min rest) 8 x 150m hills sprints (jog back recovery)	Rest	Warm-Up 15min 3 x 10min @ 4.20-4.25min/k pace Warm down 10min	Up to 90mins easy off road/trail run.
WEEK 6	Rest	Warm-Up 15min 6 x 1k @ 4.05-4.10min/k (2-3min recovery) Warm down	45min recovery run (no pace)	10k steady pace (eg @ 4.35-4.40min/k pace)	Rest	Warm-up 15min 8k continuous alternating between 1k @ 4.15min/k, 1k @ 4.45-4.50min/k Warm down	80mins easy/relaxed off road
WEEK 7	Rest	Warm-Up 15min 12 x 400m @ 87-90s (90s recovery) Warm down	40min recovery run (no pace)	Rest	10k Progression Run: 2k @ easy pace, 2k @ 4.15-4.20min/k 2k @ 4.10-4.15min/k, 2k @ 4.05-4.10 min/k, 2k @ 4min/k pace	Rest	12k easy off road
WEEK 8	Rest	Pre- Race: 6k run, last 2k @ 4.20-4.25min/k pace (2-3min recovery) 4 x 45s strides (90s recovery)	Rest	Helensburgh 10k 5th May	Rest	10K TARGET PACE: 40min 10k	