

# 10K-ADVANCED

**Your goal:** Improve your speed over the 10K distance.

**Prerequisite:** You've completed a beginner's 10K or advanced 5K program, or you've been running 4-5 times per week for at least 6 weeks.

**Schedule:** 4-6 days per week for 6 weeks

\*All minute repeats should include equal minute recovery before starting the next interval unless stated otherwise

\*\*\* Fartlek: 10 min warm up - speed play as you feel - 10 min cool down

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>week 1</b>	<b>Rest or 30 min:</b> easy run	<b>40 min:</b> easy run w/hills	<b>30 min:</b> easy run	<b>45 min:</b> 4x800m @10k goal pace or *4x3 min, 2x4 min @ RPE** 3-5	<b>Rest</b>	<b>60-70 min:</b> easy run	<b>25-30 min:</b> easy run
<b>week 2</b>	<b>50-55 min:</b> ***fartlek	<b>Rest or 30 min:</b> easy run	<b>50 min:</b> 4x1200m @ 10k goal pace or *3x5min, 2x6min @ RPE** 3-5	<b>30 min:</b> easy jog	<b>45 min:</b> easy run w/hills	<b>Rest</b>	<b>75-85 min:</b> easy run
<b>week 3</b>	<b>Rest</b>	<b>30 min:</b> easy run	<b>55 min:</b> 3x5min @ RPE** 3-5 w/3 min recovery in between	<b>Rest</b>	<b>50 min:</b> easy run w/hills	<b>Rest</b>	<b>80min:</b> easy run
<b>week 4</b>	<b>Rest or 30 min:</b> easy run	<b>50 min:</b> *6x5 min @ RPE** 3-5) w/3 min recovery in between	<b>Rest</b>	<b>50 min:</b> *2x4 min, 3 min, 2 min, 1 min @ 5k race pace w/equal recovery in between	<b>Rest</b>	<b>45 min:</b> easy run	<b>80-90 min:</b> easy run
<b>week 5</b>	<b>Rest or 30 min:</b> easy run	<b>55 min:</b> 3-4x1 mile @ 10k goal pace	<b>30 min:</b> easy run	<b>30 min:</b> easy run	<b>50 min:</b> easy run w/hills	<b>Rest</b>	<b>80 min:</b> easy run
<b>week 6</b>	<b>Rest or 25 min:</b> easy run	<b>40 min:</b> 3x800m @ 10k goal race pace or *3x4 min @ RPE** 3-4	<b>25 min:</b> easy run	<b>30 min:</b> easy run w/30 sec strides	<b>Rest</b>	<b>15 min:</b> easy run	<b>10K Race</b>

Always consult with your physician before beginning any new exercise regime or training schedule.

## **RPE\*\* (PERCEIVED EFFORT SCALE)**

To reap the most cardiovascular benefits from your workout, it's important to gauge the intensity of different activity. The Perceived Effort Scale is a system developed to effectively communicate your response to a specific training session or race challenge. It's based on your feeling of physical stress and it matches that feeling to a numbered scale.

For example, if a hypothetical plan calls for you to run 5 miles with 4 x 2 minutes at an RPE of 3 to 4, that means warm up for 10 minutes and then slowly build your speed until you begin to feel your breathing get deeper. Hold this feeling for 2 minutes and then slow down and run easy for another 5 minutes and repeat. Anyone can use RPE to effectively gauge exercise intensity.

<b>RPE</b>	<b>Degree of Challenge</b>	<b>Rate of Breathing</b>	<b>Ability to Breathe</b>
1.0	very light		
2.0	light	very easy	very comfortable
3.0	moderate	comfortable	easy / moderate
4.0	somewhat strong	steady rhythm	somewhat difficult
5.0	strong	deep but steady	difficult
6.0	strong to very strong		difficult to very difficult
7.0	very strong	deep and rapid	very difficult
8.0	very very strong	very deep and rapid	extremely difficult
9.0	near maximum	nearly breathless	almost impossible
10.0	maximum	breathlessness	impossible

The Modified Borg-Noble Intensity Scale, from *The 10-Minute L.E.A.P.*, Regan Press, 1998, P.28