



Run2Cure Training Program - 10k Advanced

Coach Jody Mullen

Athletics Australia, Level 2 Adv Rec Running

10k ADVANCED

Description: This program is designed for someone who runs consistently, with a 10k+ long run already and now wants a PB. You should be comfortable with the 1st week of training prior to starting. This program is 10 weeks long, with 4 runs scheduled per week (and an optional 5th).

Begin date: 10 weeks prior to Run2Cure

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---|----------|---|----------------------------|--------|---|------------------------------|
| 1 | 3k easy 4k @ tempo easy to finish 8k | Strength | 6.5k run - easy | 6k easy run - undulating | Rest | 10k long run - easy | x-train OR easy 30min run |
| 2 | 2k easy 8x1min efforts (1min jog) easy to finish 8k | Strength | 6.5k run - easy | 6.5k easy run - undulating | Rest | 11.5k long run - easy | x-train OR easy 35min run |
| 3 | 2k easy 5k @ tempo easy to finish 9k | Strength | 7k run - easy | 6.5k easy run - undulating | Rest | 13k long run - easy | x-train OR easy 35min run |
| 4 | 2k easy 7x90sec efforts (1min jog) easy to finish 9k | Strength | 7k run - easy | 6.5k run - easy | Rest | 4k easy 5k @ tempo OR parkrun 2k easy | x-train OR easy 30min run |
| 5 | 10k easy run - undulating | Strength | 2k easy 2x3k @ tempo (2min rests) | 7k run - easy | Rest | 13k long run - easy | x-train OR easy 35min run |
| 6 | 2k easy 6k tempo 2k easy | Strength | 8k run - easy | 8k easy run - undulating | Rest | 14.5k long run - easy | x-train OR easy 40min run |
| 7 | 4k easy 6x2min efforts (1min jog) easy to finish 10k | Strength | 8k run - easy | 7k run - easy | Rest | 5k easy 5k @ tempo OR parkrun 3k easy | x-train OR easy 35min run |
| 8 | 11k easy run - undulating | Strength | 3k easy 5x3min efforts (1min jog) easy to finish 8k | 8k run - easy | Rest | 16k long run - easy | x-train OR easy 40min run |
| 9 | 2k easy 5x1k at 10k pace (500m jogs) easy to finish 10k | Strength | 8k run - easy | 8k easy run - undulating | Rest | 8k long run - easy | Rest |
| Race Week | 2k easy 5x1min at 10k pace (1min jog) easy to finish 6.5k total | Rest | 6k run - easy | 30min run - easy | Rest | Rest | Run2Cure! |



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10k ADVANCED - NOTES

Work-out Descriptions

Easy run - Run relaxed and at a comfortable effort level. You should be able to have a simple conversation without being out of breath.

Long run - For the most part, your long run will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation during your long run.

Effort - A fast paced interval. Aim to maintain the same speed throughout the duration of the interval, instead of starting fast and fading.

Jog recovery - Very easy jog in between fast efforts. Allows you time to recover prior to the next fast effort.

Tempo - A working pace where you are comfortably uncomfortable running. You are not going breathless and are able to answer simple questions, but unable to have a conversation.

Undulating run - An easy run on an undulating route. This helps to build additional strength even on an easy day. Maintain a consistent effort.

X-train - Cross training. Cycling, swimming, gym classes, pilates, etc. Enjoy your favourite work-out activity.

Strength - Staying strong is essential for success in running and can also assist with preventing injury. Pilates, at home strength, gym strength class, bootcamps, etc. are all forms of strength sessions you may enjoy.

| Example: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---|--|---|---|---|---|---|
| Week 4 | 2k easy 7x90sec efforts (1min jog) easy to finish 9k | Strength | 7k run - easy | 6.5k run - easy | Rest | 4k easy 5k @ tempo OR parkrun 2k easy | x-train OR easy 30min run |
| What to do | Begin with a 2k easy, warm-up (wu) jog. Then run 7x90sec speed efforts at a fast pace you can sustain for the duration of the interval. Jog 1 min easy in between each fast interval. Finish running at an easy pace to finish required distance. This is a continuous run. | Strength work, pilates, gym class, etc. | Run at a comfortable, relaxed pace for 7k | Run at a comfortable, relaxed pace for 6.5k | Rest, stretch, foam roll, get a well deserved massage, etc. | Long run day. Keep long runs to a comfortable, relaxed pace unless otherwise specified. You should be able to hold a conversation. During week 4, you are incorporating a tempo work-out in your long run (OR parkrun). | Easy 30min run day OR cross train. This will depend on whether you prefer 4 or 5 runs per week. |