

Advanced Training Program.

This training program is designed for runners who have been in regular training for at least 12 months. The training intensities used in the interval training days should be based on your current level of fitness rather than what you hope to reach. This should be based on an actual race performance achieved in the last month. You should make use of the many fun runs that are scheduled over the next 3 months; Joggers World Series cross-country races, Corporate Cup, City-Bay's Series 3 One Mile races, SA Masters weekly races. Check out the relevant websites for further details.

Week One

Sunday	Long run--60 minutes. Steady pace 90 percent of predicted race pace.
Monday	Rest day.
Tuesday	Intervals. 5x1000m @ 102 percent of predicted race pace/3min recovery
Wednesday	30 minute easy run.
Thursday	3 x 10 minutes @ predicted race pace with 5 minutes easy running between each 10 minute effort
Friday	Rest day.
Saturday	Race or 30 minute steady run

Week Two

Sunday	Long run--60 minutes.
Monday	Rest day.
Tuesday	Hill reps-find a hill between 500m and 800m. 6 reps with slow jog back recovery.
Wednesday	30 minutes easy run
Thursday	3 x 10 minutes@ predicted race with 5 minutes easy running between.
Friday	Rest day.
Saturday	30 minutes steady run.

Week Three

Sunday	Long run-- 60 minutes.
Monday	Rest day.
Tuesday	Intervals. 6 x 800m @ 102 percent / 2.5 minutes recovery.
Wednesday	30 minutes easy run
Thursday	3x10 minutes @ predicted race pace with 5 mins easy running between.
Friday	Rest day.
Saturday	Race or 30 minutes steady run.

Week Four

Sunday	Long run--65 minutes.
Monday	Rest day.
Tuesday	Hill reps - 6 reps with slow jog back recovery.
Wednesday	30 minutes easy run.
Thursday	3x10 minutes@ predicted race pace with 5 mins easy running between
Friday	Rest day.
Saturday	30 minutes steady run.

Week Five

Sunday	Long run-- 65 minutes.
Monday	Rest day.
Tuesday	Intervals. 8 x 600 @ 105 percent / 2 minutes recovery.
Wednesday	20 minutes easy running followed by 10 x 100m strides 100m jog recovery.
Thursday	2x15 minutes @ predicted race pace with 5 mins easy running between.
Friday	Rest day.
Saturday	Race or 30 minutes steady run.

Week Six

Sunday	Long run-- 65 minutes.
Monday	Rest day.
Tuesday	Hill reps. 8 reps with slow jog back recovery.
Wednesday	20 mins easy running followed by 10 x 100m strides jog recovery.
Thursday	2x15 minutes @ predicted race pace with 5 mins easy running between
Friday	Rest day
Saturday	30 minutes easy running.

Week Seven

Sunday	Long run--65 minutes.
Monday	Rest day.
Tuesday	Interval. 5 x 1000m @ 110 percent / 3 minutes recovery.
Wednesday	20 minutes easy running followed by 10 x 100m strides 100m slow jog recovery.
Thursday	20 minutes @ predicted race pace--10 minutes easy running--10 minutes @ predicted race pace.
Friday	Rest day.
Saturday	Race or 30 minutes easy running.

Week Eight

Sunday	Long run--70 minutes.
Monday	Rest day.
Tuesday	Hill reps. 8 reps with slow jog back recovery.
Wednesday	20 minutes easy running followed by 10 x 100m strides 100m slow jog recovery.
Thursday	3 x 15 minutes @ race pace with 5 mins easy running between.
Friday	Rest day.
Saturday	30 minutes easy run.

Week Nine

Sunday	Long run.--70 minutes.
Monday	Rest day.
Tuesday	6 x 800m @ 110 percent of race pace / 2.5 minutes recovery.
Wednesday	20 minutes easy running followed by 10 x 100m strides 100 m slow jog recovery.
Thursday	3 x 15 mins @ race pace with 5 minutes easy running between.
Friday	Rest day.
Saturday	30 minutes easy run.

Week Ten

Sunday	Long run--60 minutes.
Monday	Rest day.
Tuesday	Hill reps. 5 reps with slow jog back recovery.
Wednesday	20 minutes easy running followed by 10 x 100m strides 100m slow jog recovery.
Thursday	30 minutes @ race pace.
Friday	Rest day.
Saturday	30 minutes easy run.

Week Eleven

Sunday	Long run. 45 minutes.
Monday	Rest day.
Tuesday	Intervals. 8 x 600m @ 110 percent of race pace/2 minutes recovery.
Wednesday	20 minutes easy running followed by 10 x 100m strides with 100m slow jog recovery.
Thursday	30 minutes steady.
Friday	Rest day.
Saturday	30 minutes easy run

Week Twelve

Sunday	Long run. 45 minutes.
Monday	Rest day.
Tuesday	20 minutes easy running followed by 10 x 100m strides with 100m slow jog recovery.
Wednesday	30 minutes easy run.
Thursday	30 minutes easy run.
Friday	Rest day.
Saturday	Rest day.

Sunday **Race day.**