



Ten Mile - Advanced Training Program

By Doug Kurtis

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	7	5	6 track	4	5	Rest	5	32
2	8-10km Race	5	6 pace	4	5	Rest	5	31
3	7 + 3	6	6	4	6	Rest	5	36
4	7 + 3	6	6 track	5	6	Rest	5	37
5	7 + 4	6	6 track	5	6	Rest	5	38
6	8-10km Race	6	7 pace	5	7	Rest	6	37
7	8 + 4	6	6	4	7	Rest	6	41
8	8 + 5	5	7 track	4	7	Rest	7	43
9	10	5	6 pace	3	6	Rest	5	35
10	5	4	7	2	2	Rest	10 Mile Race	30
11	Rest	Rest	3	3	4	Rest	5	15

This is a ten week plan.

375

You can jump into the week that coincides prior to the date of the race.

Pace 2 mile warm up, race pace or slower but hard continuous running
1 mile warm down

7 + 3 Two workouts: seven mile run then a 3 mile run (same day - minimum 3 hours apart)

Track: Mileage in above schedules: ALL options below include a 2 mile warm up; 1 mile warm down
Options

- [1] 6 x 800 meter with 200 meter rest in between
- [2] Ladder - 400m / 800m / 1200m / 1600m with 400 meter rest
- [3] 3 x 1 mile w/ 400 meter rest
- [4] 12 x 400 meter with 200m rest

Find a consistent pace at race pace or faster for all of your speed work on the track