10KM ADVANCED RUNNING PLAN

Orange Running Festival

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Day 1 30min run	**Day 1** 30min run	**Day 1** 30min run	**Day 1** 30min run
Day 2 45min run	**Day 2** 10min WU, 5x5min (90sec rest between), 2km CD	**Day 2** 30min easy run	**Day 2** Interval – 2km WU, 10x1:30min on (fast), 1min jog recovery, 2km CD
Day 3 40min Cross-Training (e.g. bike or swim)	**Day 3** 40min cross-training e.g. swim or bike	**Day 3** Interval – 2km WU, 10x1min on (fast), 1min jog recovery, 2km CD	**Day 3** 40min cross-training
Day 4 10 MINUTES WU, 4 X 5 MINUTES AT THRESHOLD EFFORT (90SEC REST BETWEEN EACH) 10MIN CD.	**Day 4** 45min easy run	**Day 4** 40min easy cross-training	**Day 4** 40min run
Day 5 REST	**Day 5** REST	**Day 5** REST	**Day 5** REST
Day 6 30min undulating run	**Day 6** 45min undulating run	**Day 6** 10min WU, 4x6min (90sec recovery between), 2km CD	**Day 6** 1km WU, 3x8min (threshold) (90sec jog between), 2km CD
Day 7 1hr run	**Day 7** 70min run	**Day 7** 75MIN RUN	**Day 7** 75min run

Pinnacle Performance Running

10KM ADVANCED RUNNING PLAN
Orange Running Festival

WEEK 5	WEEK 6	WEEK 7	WEEK 8
Day 1 30min run	**Day 1** 30min run	**Day 1** 30min run	**Day 1** 30min run
Day 2 40min run	**Day 2** 10min WU, 5x6min (90sec rest between), 2km CD	**Day 2** 10min WU, 4x8min (90sec rest between), 2km CD	**Day 2** Interval – 2km WU, 3x10min (1min jog recovery between each), 2km CD
Day 3 10min WU, 6x5min (1min jog recovery), 10min CD	**Day 3** 30min easy run	**Day 3** REST	**Day 3** REST
Day 4 30MIN RUN	**Day 4** REST	**Day 4** 15min easy, 15min steady, 15min easy	**Day 4** 30min easy run
Day 5 10min WU, 6x3min (1min jog between), 10min CD	**Day 5** 10min WU, 12min at threshold, 3min R, 5x2min at 10k pace (60 sec R), 10min CD	**Day 5** REST	**Day 5** REST
Day 6 REST	**Day 6** 40min easy run	**Day 6** 10min WU, 8x3min (fast) (90sec recovery between), 2km CD	**Day 6** 5km hard effort
Day 7 60min easy run	**Day 7** 75min run	**Day 7** 60min easy run	**Day 7** 75min run

Pinnacle Performance Running

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WEEK 9

Day 1
30min run

Day 2
REST

Day 3
10min WU, 5x4min HARD (90sec recovery), 10min CD

Day 4
30MIN EASY RUN

Day 5
REST

Day 6
2km WU, 2 x 4 x 2 minutes at 5k Pace with a 60 second recovery between reps and a 3 minute recovery between sets, 2km CD

Day 7
75min easy run

WEEK 10

Day 1
30min run

Day 2
10min WU, 4x8min (60sec jog recovery between), 2km CD

Day 3
REST

Day 4
50min easy run

Day 5
REST

Day 6
10min WU, 6x4min at 10k effort (90 second recovery), 10min CD

Day 7
90min easy run

WEEK 11

Day 1
30min run

Day 2
10min WU, 4x10min at threshold (90 sec jog between each), 2km CD

Day 3
30min easy run

Day 4
30min cross-training

Day 5
REST

Day 6
10min WU, 6xmin (fast) (90sec recovery between), 2km CD

Day 7
60MIN EASY RUN

WEEK 12

Day 1
30min run

Day 2
Interval – 2km WU, 3x10min (1min jog recovery between each), 2km CD

Day 3
REST

Day 4
30min easy run

Day 5
REST

Day 6
ORF Shake-Out Run!

Day 7
RACE DAY!