

HOSPITAL HILL RUN TRAINING SCHEDULE

10 Kilometer Training Schedule - Advanced Run

This training schedule is designed for those athletes who are experienced runners and have been involved in regular athletic endeavors for at least the previous 12 months. It is also intended for use by those experienced in racing at the 10K and longer distances.

You should follow this training program if your average weekly mileage is more than 20 miles per week and if you have previously run speedwork as part of your training.

To read the workout key:

Refer to the Workout Key and Glossary under Training.

Hills: Running over a course with intermittent hills or hill repeats. If running hill repeats, the hill should have a moderate slope and extend for 200 - 400 meters. Run up the hill, focussing on the same leg turnover, but with shorter strides. After cresting the hill, relax and run down the hill with easy strides. Recover between each hill repeat. Mileage indicated is total length of workout.

Speed: Start each workout with a 1 mile easy run for a warm-up. End each session with a half mile to 1 mile easy cool down run. Speed intervals should be at 85% - 90% of Maximum Heart Rate. Intervals are set out in yards, 1600 equals 1 mile. Between intervals, let your heart rate return to a low rate (65% of Maximum). Usually half the distance of walking or very easy running is sufficient for recovery. The goal of athletes following this training program is to race the distance.



<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u> (Hills and Speed)	<u>Thursday</u> (Easy Run)	<u>Friday</u> (Cross Train)	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	3 Miles	40 - 45 Minutes	2 x 800 1 x 1600	3 Miles	40 - 45 Minutes	4 Miles	Rest	April 18, 2010
2	4 Miles	40 - 45 Minutes	4 Miles (Hills)	3 Miles	40 - 45 Minutes	5 Miles	Rest	April 25, 2010
3	4 Miles	40 - 45 Minutes	6 x 800	3 Miles	40 - 45 Minutes	6 Miles	Rest	May 2, 2010
4	5 Miles	40 - 45 Minutes	4 Miles (Hills)	3 Miles	40 - 45 Minutes	8 Miles	Rest	May 9, 2010
5	6 Miles	40 - 45 Minutes	3 x 1600	3 Miles	40 - 45 Minutes	6 Miles	Rest	May 16, 2010
6	6 Miles	40 - 45 Minutes	8 x 800	3 Miles	40 - 45 Minutes	9 Miles	Rest	May 23, 2010
7	4 Miles	40 - 45 Minutes	4 x 1600	3 Miles	40 - 45 Minutes	4 Miles	Rest	May 30, 2010
8	3 Miles	30 Minutes	Miles at Race Pac	Rest	Rest	6.2 Miles RACE DAY!	Rest	June 6, 2010