

ADVANCED

WEEK 1

Day 1

Warm-up,
Tempo
22mins,
cool-down

Day 2

Warm-up
Recovery
35mins,
cool-down

Day 3

Warm-up,
Hill
2x(5x1min),
cool-down

Day 4

Warm-up,
Steady 40mins,
cool-down

Day 5

Rest

Day 6

Warm-up,
Fartlek 40mins,
cool-down

Day 7

Warm-up,
Steady 50mins,
cool-down

WEEK 2

Day 1

Rest

Day 2

Warm-up,
Pace 4x1mile,
cool-down

Day 3

Warm-up
Recovery
40mins,
cool-down

Day 4

Warm-up,
Tempo 28mins,
cool-down

Day 5

Rest

Day 6

Warm-up,
Hill 2x(6x1
mins),
cool-down

Day 7

Warm-up,
Steady 55 mins,
cool-down

WEEK 3

Day 1

Rest

Day 2

Warm-up,
Fartlek 45mins,
cool-down

Day 3

Warm-up
Recovery
40mins,
cool-down

Day 4

Warm-up,
Pace 6x1,000m,
cool-down

Day 5

Warm-up,
Steady 50mins,
cool-down

Day 6

Warm-up,
Tempo 32mins,
cool-down

Day 7

Warm-up,
Steady 60mins,
cool-down

WEEK 4

Day 1

Rest

Day 2

Warm-up,
Recovery
30mins,
cool-down

Day 3

Warm-up
Accel 6x200m,
cool-down

Day 4

Warm-up,
Steady 30mins,
cool-down

Day 5

Rest

Day 6

Warm-up,
Accel
3x(5x100m),
cool-down

Day 7

Warm-up,
Steady 65 mins,
cool-down

WEEK 5

Day 1

Rest

Day 2

Warm-up,
Hill 2x(6x1
min),
cool-down

Day 3

Warm-up
Recovery
45mins,
cool-down

Day 4

Warm-up,
Tempo 30mins,
cool-down

Day 5

Warm-up,
Steady 40mins,
cool-down

Day 6

Warm-up,
Pace 8x800m,
cool-down

Day 7

Warm-up,
Steady 70mins,
cool-down

WEEK 6

Day 1

Rest

Day 2

Warm-up,
Quick pace 8-
10x400m,
cool-down

Day 3

Warm-up
Recovery
35mins,
cool-down

Day 4

Warm-up,
Fartlek 40mins,
cool-down

Day 5

Rest

Day 6

Warm-up,
Pace 4x1mile,
cool-down

Day 7

Warm-up,
Steady 75mins,
cool-down

WEEK 7Day 1
RestDay 2
Warm-up,
Pace 12x300,
cool-downDay 3
Warm-up
Recovery
35mins,
cool-downDay 4
Warm-up,
Steady 40mins,
cool-downDay 5
Warm-up,
Accel
4x(5x100m),
cool-downDay 6
Warm-up,
Time-trial
3,000m, cool-
downDay 7
Warm-up,
Steady 70mins,
cool-down**WEEK 8**(Recovery
week)
Day 1
RestDay 2
Warm-up,
Recovery
30mins,
cool-downDay 3
RestDay 4
Warm-up,
Pace 4x400m,
cool-downDay 5
RestDay 6
Warm-up,
Accel 5x100m,
cool-downDay 7
Warm-up,
Steady 40mins,
cool-down**WEEK 9**Day 1
RestDay 2
Warm-up,
Hill 2x(4x90
secs),
cool-downDay 3
Warm-up,
Recovery
45 mins,
cool-downDay 4
Warm-up,
Tempo 30mins,
cool-downDay 5
Warm-up,
Steady 45mins,
cool-downDay 6
Warm-up,
Pace 10x800m,
cool-downDay 7
Warm-up,
Steady 65mins,
cool-down**WEEK 10**Day 1
RestDay 2
Warm-up,
Quick pace
2x(6x400m),
cool-downDay 3
Warm-up,
Recovery
40mins,
cool-downDay 4
Warm-up,
Fartlek 45mins,
cool-downDay 5
RestDay 6
Warm-up,
Pace 5x1mile,
cool-downDay 7
Warm-up,
Steady 60mins,
cool-down**WEEK 11**Day 1
RestDay 2
Warm-up,
Quick pace
3x(5x300m),
cool-downDay 3
Warm-up,
Recovery
35mins,
cool-downDay 4
Warm-up,
Steady 40mins,
cool-downDay 5
Warm-up,
Recovery
20mins,
cool-downDay 6
Warm-up,
Time-trial
3,000m,
cool-downDay 7
Warm-up,
Steady 55mins,
cool-down**WEEK 12**Day 1
RestDay 2
Warm-up,
Recovery
30mins,
cool-downDay 3
RestDay 4
Warm-up,
Pace 4x400m,
cool-downDay 5
RestDay 6
Warm-up,
Accel
2x(5x100m),
cool-downDay 7
10K Run