



# Advanced Training Plan

## Kilomathon

### 10 weeks to go:

|      |  |
|------|--|
| Mon  | Run 35min easy                               |
| Tues | Run 40min easy                               |
| Wed  | Active Recovery                              |
| Thur | Run 40min easy                               |
| Fri  | Rest Day                                     |
| Sat  | Run 5min easy, 30min Fartlek, run 10min easy |
| Sun  | Run 1hour 25mins easy                        |

### 9 weeks to go:

|      |   |
|------|---|
| Mon  | Run 35min easy  |
| Tues | Jog 10min, (run 4min hard, run 2min easy)x5, Jog 10min easy |
| Wed  | Active Recovery   |
| Thur | Run 45min easy  |
| Fri  | Rest Day  |
| Sat  | Run 5min easy, 20min Fartlek, run 5min easy                 |
| Sun  | Run 1hour 30min easy  |

### 8 weeks to go:

|      |   |
|------|---|
| Mon  | Run 35min easy  |
| Tues | Run 10min easy, Hills: (6x90sec tempo up hill, jog down to recover), jog 10min easy |
| Wed  | Active Recovery   |
| Thur | Run 45min easy  |
| Fri  | Rest Day  |
| Sat  | Run 5min easy, 30min at tempo, run 10min easy                                       |
| Sun  | Run 1hour 30min easy  |

### 7 weeks to go:

|      |   |
|------|---|
| Mon  | Run 40min easy  |
| Tues | Run 10min easy, Hills: (6x90sec tempo up hill, jog down to recover), jog 10min easy |
| Wed  | Active Recovery   |
| Thur | Run 50min easy  |
| Fri  | Rest Day  |
| Sat  | Run 5min easy, 20min hard, 5min easy  |
| Sun  | Run 1hour 20min easy  |

### 6 weeks to go:

|      |  |
|------|--|
| Mon  | Run 30min easy   |
| Tues | 10min easy: Hills (8x 90secs tempo up hill, jog down to recover), 10min easy |
| Wed  | Active Recovery  |
| Thur | Run 50min easy   |
| Fri  | Rest Day   |
| Sat  | Run 10min easy   |
| Sun  | 5k or 5 mile road race   |

### 5 weeks to go:

|      |   |
|------|---|
| Mon  | Run 40min easy  |
| Tues | Run 10min easy, (run 5min fast, run 90secs easy) x4, run 10min easy |
| Wed  | Active Recovery   |
| Thur | Run 50min easy  |
| Fri  | Rest Day  |
| Sat  | Run 20min easy, 10min hard, 10min easy                              |
| Sun  | Run 1hour 30min easy  |

### 4 weeks to go:

|      |  |
|------|--|
| Mon  | Run 40mins easy  |
| Tues | Run 10mins easy, Hills: (10x 90secs tempo up hill, jog down to recover), 10mins easy |
| Wed  | Active Recovery  |
| Thur | Run 50min easy   |
| Fri  | Rest Day   |
| Sat  | Run 40min easy   |
| Sun  | Run 10mins easy, 60mins good paced run, 10mins easy                                  |

### 3 weeks to go:

|      |   |
|------|---|
| Mon  | Run 35mins easy   |
| Tues | Jog 10mins, run 6mins fast, run 2mins easy. Repeat 4 times. Jog 10mins- |
| Wed  | Active Recovery   |
| Thur | Run 45min easy  |
| Fri  | Rest Day  |
| Sat  | Run 5mins easy, 30mins fartlek, run 5mins easy                          |
| Sun  | Run 1hour 10mins easy   |

### 2 weeks to go:

|      |  |
|------|--|
| Mon  | Run 30min easy   |
| Tues | Run 10min easy, Hills: (10x 90secs tempo up hill, jog down to recover), 10min easy |
| Wed  | Active Recovery  |
| Thur | Run 35min easy   |
| Fri  | Rest Day   |
| Sat  | Run 10min easy, 25min at tempo pace, run 10min easy                                |
| Sun  | Run 60min easy   |

### 1 week to go:

|      |  |
|------|--|
| Mon  | Run 20min easy   |
| Tues | Run 10min easy, (3x 2mins tempo run with 2mins jog recovery), 10min easy |
| Wed  | Active Recovery  |
| Thur | Run 30min easy   |
| Fri  | Run 15min easy   |
| Sat  | Rest Day   |
| Sun  | RACE DAY - Good luck for Kilomathon Scotland!                            |