

Training Plan Advanced

8 weeks to go

Monday	30mins easy run
Wednesday	10mins easy run, (90secs fast run, 90secs jog) x8, 10mins easy run
Friday	10mins easy run, (5mins steady, 5mins faster) 10mins easy run
Sunday	40mins easy run

7 weeks to go

Monday	30mins easy run
Wednesday	10mins easy run, (5mins at tempo pace, 2mins jog) x 4, 10mins easy run
Friday	10mins easy run, (6mins steady, 6mins tempo), 10mins easy run
Sunday	50mins easy run

6 weeks to go

Monday	35mins easy run
Wednesday	10mins easy run, (90secs fast run, 60secs jog) x10, 10mins easy run
Friday	10mins easy run, (8mins tempo, 4mins faster, 2 mins fast), 10mins easy run
Sunday	60mins easy run

5 weeks to go

Monday	25mins easy run
Wednesday	10mins easy run, (10mins fast run, 2.5mins jog) x 3, 10mins easy run
Friday	10mins easy run, (10mins steady, 6mins faster, 2mins fast) 10mins easy run
Sunday	70mins easy run

4 weeks to go

Monday	35mins easy run
Wednesday	10mins easy run, (2mins fast run, 90secs jog) x 8, 10mins easy run
Friday	10mins easy run, (5mins steady, 5mins faster, 5mins easy) x2, 10mins easy run
Sunday	75mins easy run

3 weeks to go

Monday	30mins easy run
Wednesday	10mins easy run, (90secs fast pace with 90secs jog x 5, 3mins jog between sets) x 2, 10mins easy run
Friday	10mins easy run, (7mins steady, 7mins faster, 7mins easy) x 2, 10mins easy run
Sunday	75mins easy run

2 weeks to go

Monday	35mins easy run
Wednesday	10mins easy run, (4mins fast run, 75secs jog) x 6, 10mins easy run
Friday	10mins easy run, (3mins steady, 3mins faster, 3mins easy) x 2, 10mins easy run
Sunday	40mins easy run

1 week to go

Monday	20mins easy run
Wednesday	10mins easy run, (60secs controlled fast run, 2mins walk) x 4, 10mins easy run
Friday	15mins easy run
Sunday	RACE 5K!



ENTER NOW AT

www.supernovarun.com