

# ADVANCED



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	8x400m @5k pace w/90s jog	6 km recovery run	4 km tempo run	Strength/Mobility	Rest	10 km long run
WEEK 2	Rest	6x600m @10k pace w/2min jog	6 km recovery run	5 km tempo run	Strength/Mobility	Rest	11 km long run
WEEK 3	Rest	8x600m @10k pace w/2min jog	7 km recovery run	5 km tempo run	Strength/Mobility	Rest	12 km long run
WEEK 4	Rest	6x800m @10k pace w/2min jog	7 km recovery run	6 km tempo run	Strength/Mobility	Rest	13 km long run
WEEK 5	Rest	5x1km @10k pace w/2.5min jog	8 km recovery run	6 km tempo run	Strength/Mobility	Rest	14 km long run
WEEK 6	Rest	4x1.2km @10k pace w/3min jog	8 km recovery run	7 km tempo run	Strength/Mobility	Rest	15 km long run
WEEK 7	Rest	3x1.5km @10k pace w/3min jog	8 km recovery run	7 km tempo run	Strength/Mobility	Rest	16 km long run
WEEK 8	Rest	4x800m @10k pace w/2min jog	6 km recovery run	4 km tempo run	Strength/Mobility	Rest	10 km Race