



Advanced 10 Week Training Programme

Your complete guide to achieving your next Basingstoke Half PB goal. A diverse training plan with race pace charts and guide that's easy to follow for a complete varied weekly training. This plan includes five types of workout activities each week. These are all important to get the fittest, strongest and fastest version of you to the Finish Line. When planning your runs and end goal, it will be important to understand that you will need to experience different perceived efforts over different distances. For example, you can't maintain your 1k personal best time over a longer distance run such as a marathon. This is something you need to take into consideration when planning your goals and race pace.

EASY During an easy run you should aim to recover from hard efforts, and keep your legs mobile before the upcoming training that week. Aim for a gentle pace to really relax and enjoy yourself – you should be able to easily hold a conversation throughout.

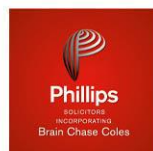
STEADY/SLOW Steady runs should feel a little more challenging and aim for around 60-75% effort. These runs help to get the miles under your belt, increase your distance and build your aerobic fitness and endurance. You will be able to talk intermittently in short sentences but can no longer maintain a conversation.

RACE PACE On a race pace run you should complete this at the same pace you are aiming to finish your race on the day. For example, if you would like to complete your 10k/6mile race in 1 hour (10 minute miles), then you should complete your 4 mile race pace run in 40 minutes.

INTERVALS Interval training is great to include in your training as a way to work harder than you would if it was a continuous effort. Switching between fast and slower efforts can help increase muscle power and endurance and is more performance-boosting than just running the miles. Alternate short high intensity bursts of activity with periods of rest and recovery inbetween. Interval training utilises both the anaerobic and aerobic energy systems of the body, which provides a whole host of benefits including:

- Reduce risk of injury or overtraining
- Faster and more efficient workouts
- Increased endurance
- Weight loss

CROSS TRAINING Cross training can do wonders in a run training plan. This simply means do an alternative type of exercise to running. This will keep up your fitness but also reduce the overall strain on your running muscles. Some examples of cross training that are great for your body include cycling, swimming, pilates, yoga or weights to strengthen and condition and hold your muscles in place when you get tired.



	M	T	W	T	F	S	S
Wk 1	REST	20 mins easy	4 miles (6km) steady	20 mins easy	REST	60 mins Cross training	8 miles (13km) steady
Wk 2	REST	30 mins easy	5 miles (8km) steady	30 mins Intervals	REST	60 mins Cross training	10 miles (16km) steady
Wk 3	REST	40 mins easy	6 miles (10km) steady	30 mins Intervals	REST	60 mins Cross training	12 miles (19km) race pace
Wk 4	REST	30 mins easy	6 miles (10km) race pace	30 mins Intervals	REST	60 mins Cross training	12 miles (19km) steady
Wk 5	REST	30 mins easy	8 miles (13km) steady	40 mins Intervals	REST	60 mins Cross training	15 miles (24km) steady
Wk 6	REST	40 mins easy	8 miles (13km) steady	50 mins Intervals	REST	60 mins Cross training	6 miles (10km) race pace
Wk 7	REST	30 mins easy	8 miles (13km) race pace	50 mins Intervals	REST	60 mins Cross training	15 miles (24km) steady
Wk 8	REST	30 mins easy	8 miles (13km) race pace	40 mins Intervals	REST	60 mins Cross training	12 miles (19km) steady
Wk 9	REST	40 mins easy	6 miles (10km) race pace	30 mins Intervals	REST	60 mins Cross training	10 miles (16km) steady
Wk 10	REST	30 mins easy	REST	30 mins Intervals	REST	REST	RACE DAY

Starting run level Can run 10k at race pace comfortably; likely to have run a half marathon before

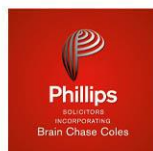
Easy You should be able to talk throughout

Steady You can still talk, but only in short sentences at a time. Aim for 60-75% effort

Race Pace You should run this at the pace you would like to complete your race in on the day

Intervals Fast pace run, jog when you need to (for twice as long as the run - there should be a noticeable distance in speed). For eg. Run 1 min, Jog 2 mins

Cross training Alternative exercise to keep up fitness but reduce strain on running muscles e.g. cycling, swimming, pilates, weights



Take a look at our Race Pace Chart below to see approximate splits to hit your target time on race day (and for you to use in your race pace runs). As an example, if you are aiming to complete your Half Marathon in 2 hours, then you will need to run an average of 5.41 mins for every km (or 9:10 for every mile) throughout the race e.g. 1km within 5.41 mins, 2 km within 11.22 mins, 3 km within 17.03 mins etc. On race pace runs, you should also practice at this speed.

Goal finish time	Race pace (km)	Race pace (miles)
1 hour 05	03:05 / km	05:00 / mile
1 hour 10	03:19 / km	05:20 / mile
1 hour 20	03:48 / km	06:05 / mile
1 hour 30	04:16 / km	06:50 / mile
1 hour 40	04:44 / km	07:35 / mile
1 hour 50	05:13 / km	08:20 / mile
2 hours	05:41 / km	09:10 / mile
2 hours 10	06:10 / km	09:55 / mile
2 hours 20	06:40 / km	10:40 / mile
2 hours 30	07:07 / km	11:25 / mile
2 hours 40	07:35 / km	12:10 / mile
2 hours 50	08:03 / km	13:00 / mile
3 hours	08:32 / km	13:44 / mile

