

Run Forrest
Advanced 10km Program
By GPC Squad



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--|---|---|--|---|--|---|
| Week1 | 30mins Easy Cross Training: swim, cycle, gym, row or power walk | Easy Run: 5-6km easy run on hilly trail | 50min Hill Reps Set: Incl. 2 sets of 200 hill or stair reps hard pace + recovery down the hill | 50min Pace Set: 10mins easy + 30mins as 1min steady to hard pace + 1min easy pace + 10mins easy | Day Off or Additional Stretching, Pilates or Yoga | 8km Pace Set: 2km easy jog + 4km steady pace + 2km easy jog | Easy Run: 8-10km easy run on hilly trail |
| Week 2 | 40mins Easy Cross Training: swim, cycle, gym, row or power walk | Easy Run: 6-8km easy run on hilly trail | 60min Hill Reps Set: Incl. 4 sets of 200 hill or stair reps hard pace + recovery down the hill | 60min Pace Set: 10mins easy + 40mins as 1min steady to hard pace + 1min easy pace + 10mins easy | Day Off or Additional Stretching, Pilates or Yoga | 10km Pace Set: 2km easy jog + 6km steady pace + 2km easy jog | Easy Run: 8-10km easy run on hilly trail |
| Week 3 | 50mins Easy Cross Training: swim, cycle, gym, row or power walk | Easy Run: 8-10km easy run on hilly trail | 80min Hill Reps Set: Incl. 6 sets of 200 hill or stair reps hard pace + recovery down the hill | 70min Pace Set: 20mins easy + 40mins as 1min steady to hard pace + 2min easy pace + 10mins easy | Day Off or Additional Stretching, Pilates or Yoga | 12km Pace Set: 2km easy jog + 8km steady pace + 2km easy jog | Easy Run: 10-12km easy run on hilly trail |
| Week 4 | 50mins Easy Cross Training: swim, cycle, gym, row or power walk | Easy Run: 10-12km easy run on hilly trail | 80min Hill Reps Set: Incl. 8 sets of 200 hill or stair reps hard pace + recovery down the hill | 80min Pace Set: 20mins easy + 40mins as 1min hard pace + 2min easy pace + 20mins easy | Day Off or Additional Stretching, Pilates or Yoga | 12km Pace Set: 2km easy jog + 8km steady to hard pace + 2km easy jog | Easy Run: 12-14km easy run on hilly trail |
| Week 5 | 60mins Easy Cross Training: swim, cycle, gym, row or power walk | Easy Run: 10-12km easy run on hilly trail | 90min Hill Reps Set: Incl. 2x 6 sets of 200 hill or stair reps hard pace + recovery down the hill | 90min Pace Set: 20mins easy + 50mins as 1min max pace + 2min easy pace + 20mins easy | Day Off or Additional Stretching, Pilates or Yoga | 15km Pace Set: 3km easy jog + 10km steady to hard pace + 2km easy jog | Easy Run: 14-15km easy run on hilly trail |
| Week 6 | 60mins Easy Cross Training: swim, cycle, gym, row or power walk | Easy Run: 12-14km easy run on hilly trail | 90min Hill Reps Set: Incl. 2x 10 sets of 200 hill or stair reps hard pace + recovery down the hill | 90min Pace Set: 20mins easy + 50mins as 1min max pace + 1min steady pace + 2min easy pace + 20mins easy | Day Off or Additional Stretching, Pilates or Yoga | 16km Pace Set: 2km easy jog + 12km steady to hard pace + 2km easy jog | Easy Run: 14-16km easy run on hilly trail |
| Week 7 | 30mins Easy Cross Training: swim, cycle, gym, row or power walk | Day Off or Additional Stretching, Pilates or Yoga | Easy Run: 12-14km easy run on hilly trail | Race Prep Set: 10km incl. 10x 30sec accel. Pace + 90sec easy | Day Off | Race Prep: 30mins easy jog incl. 10 sets of 100m accelerating pace + walk back recovery | Race Day: Warm Up is 10-15mins easy jog with 5 x 10sec accelerating efforts. |