



PULSE PERFORMANCE 10KM ADVANCED TRAINING PLAN

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	CT or Strength	10km easy	7km easy	7km with 6x 400m	Stretch and Roll	8km easy with 2km RP	7km RECOVERY
2	CT or Strength	7km with hills(7x 30 sec with jog down recovery)	7km easy	10km with 5km tempo	S and R	8km easy +2km RP	7km recovery run
3	CT or Strength	7km with 6x 400m	7km easy	5km easy	S and R	10km easy +3km RP	7km recovery run
4	CT or Strength	6x 800m	7km easy	10km with 6km tempo	S and R	Easy 7km	5km time trial or race(10kmtotal)
5	CT or Strength	10x 400m	7km easy	7km easy	S and R	10km easy + 4km RP	8km recovery run
6	CT or Strength	7km with hills (10x 30 sec with jog down recovery)	7km easy	10km with 7km tempo	S and R	10km easy	10km recovery run
7	CT or Strength	8x 800m	7km easy	5km easy	S and R	10km easy + 5km RP	10km recovery run
8	CT or Strength	8km with hills (7 x 45 sec with jog down recovery)	7km easy	3km easy with 2km faster	S and R	10km + 4km RP	10km recovery run
9	CT or Strength	12x 400m	7km easy	10km with 7km tempo	S and R	10km + 2km RP	8km recovery run
10	CT or Strength	8km with 5km tempo	7km easy	6x 400m	S and R	4km easy + 1km RP	Neuroplastoma 10k



If you are an advanced runner who is ready to improve your race performance. If you can run 12km comfortably and run five days a week, this is the plan for you. If this plan seems too tough, then try our intermediate 10K plan.

This training plan will boost your 10km performance for the Neuroblastoma 10 km.

Remember everyone is an individual and will improve at different times due to the different level of fitness. This training plan has been designed for those who have already completed a couple of 10km events and can run sub 50min, this general program should give you all the stamina, speed and endurance you will need to improve your ten km in the Neuroblastoma 10km event.

Our 10-week training plan is just a guide, so feel free to make it work for you.

But remember to try stick with the plan if it suits you and don't add any extra k's or start off with too much too soon, this is one of the biggest mistakes people make that demotivates people or causes injury.

Training days information:

Rest: Rest days are just as important as training days and provide an opportunity for your body to recover and your muscles to build in strength. Your muscles repair and build during the rest days so improvement depends on how well you recover. As an advance runner, you are already running 5 days so don't ignore the rest days, If you don't have enough recovery you are more than likely to get injured.

Race pace (RP): How fast should I run? RP is the time you expect to run the Neuroblastoma 10km, but be realistic. If you already run a 48min 10km then your aim should be to break 48min not smash it by ten mins otherwise you will blow up or even worse get injured. So when you have RP you do the allocated run at race pace.

Tempo pace: A tempo run is a continuous run with a build-up to near 10-K race pace. Tempo runs are scheduled for every second Thursdays. A 5km Tempo would begin with a 2km easy running, then building to peak pace for the 5km then 3km easy to finish off. The pace build-up should be gradual, not sudden. You can do tempo runs anywhere: on the road, on trails...

Track 400s and 800s: If you want to race at a fast pace, you need to train at a fast pace. This plan has Interval training, you alternate fast running with jogging. After a warm-up, run 400 meters faster than your 5K race pace, and then recover by jogging 400 meters. For 800 meter, run 800 meters at your 10K race pace, and then recover by jogging 400 meters.

Cross-training: Monday is cross-training used as an active recovery day, this is a good day to go swimming, cycling or walking. Try not to do any running on this day so your body recovers well and allows you to get ready to run again the next day. You can also do Strength training that could consist of bodyweight-based activities like push-ups, chin-ups or dips or light weights with high reps at your local gym.

Hills: Are scheduled for very second Tuesdays, try to avoid stairs. The neuroblastoma has a few nasty hills so this plan will get you ready to tackle the hills head on. Hills a great way to build leg strength and running technique. Being an advance runner you can run the hills to 90% effort but don't sprint the hills, jog them back down at 70% no faster for the first two session then you can run down faster.



Running down hills places lots of stress on your knees and joints, only run the down hills once you become an intermediate or advance runner. Find a hill that's not too steep and complete the session prescribed.

Stretch + Roll: Is scheduled for Fridays, following your tough Thursday session to get you fresh for the double days of running. You can't run efficiently if fatigued and can increase your chances of injury. We also recommend to use a foam Roller to assist your legs to recover faster from muscle tightness. Check out our How to best use a foam roller guide.

Long runs: The longest runs are planned for Saturdays but if Sunday works better for your schedule you can swap. Long runs are designed to run it slow to build your endurance, both aerobic and muscular. Don't try run these faster than your conversation pace except on those days where it has a RP workout is prescribed. A RP is the pace you want to complete the 10km race, you accelerate to race pace over the last one quarter of the workout for the distance prescribed.

Recovery runs: Sundays are your easy recovery runs. Make sure you run these slow.