

# TRAINING PLAN 14KM ADVANCED



|             | MONDAY  | TUESDAY   | WEDNESDAY            | THURSDAY  | FRIDAY | SATURDAY  | SUNDAY  |
|-------------|---|---|----------------------|---|--------|---|---|
| WEEK 1 & 2  | 30 min easy pace run  | 10 min w/up jog - 4 x 3 min on/off efforts - 10 min c/down jog                              | 40 min easy pace     | 10 min w/up jog - 6 x 90 sec on/off efforts - 10 min c/down jog                   | REST   | 10 min easy pace - 15 min steady pace - 10 min easy pace (continuous progressive run)     | 60 min easy pace  |
| WEEK 3 & 4  | 30 min easy pace  | 10 min w/up jog - 6 x 2 min on/off efforts - 10 min c/down jog                              | 45 min easy pace     | 10 min w/up jog - 6 x 3 min of/off efforts - 10 min c/down jog                    | REST   | 20 min easy pace - 20 min steady pace (continuous progressive run)                        | 70 min easy pace  |
| WEEK 5&6    | 30 min easy pace (slightly picking up the pace in the last 5 min) | 10 min w/up jog - 6 x 3 min on/off efforts - 10 min c/down jog                              | 45 min easy pace     | 10 min w/up jog - 6 x 90 sec efforts with 90 sec jog recovery - 10 min c/down jog | REST   | 10 min easy pace - 10 min steady pace - 10 min easy pace (continuous progressive run)     | 70 min easy pace  |
| WEEK 7 & 8  | 40 min easy pace run  | 10 min w/up jog - 6 x 3 min on/off efforts - 10 min c/down jog                              | 45 min easy          | 10 min w/up jog - 6 x 2 min on/off efforts - 10 min c/down jog                    | REST   | 20 min easy pace - 20 min steady pace (continuous progressive run)                        | 75 min easy pace  |
| WEEK 9 & 10 | 40 min easy pace run  | 10 min w/up jog - 4 x 5 min effort with 3 min recovery jog between each - 10 min c/down jog | 40 min easy pace run | 10 min easy pace w/up - 6 x 90 sec on/off efforts - 10 min c/down jog             | REST   | *Week 9 - 10 min easy pace - 10 min steady pace - 10 min easy pace<br><br>*Week 10 - REST | *Week 9 - 60 minute each pace<br><br>*Week 10 - RACE DAY! |

## TRAINING PLAN TERMS EXPLAINED

**w/up:** Warm Up, should always be a very easy pace and you should be able to easily hold a conversation.

**c/down:** Cool Down, should always be a very easy pace and you should be able to easily hold a conversation.

**Easy Runs:** Faster than your warm up or cool down pace at approximately 60% - 70% effort, you should still be able to have a conversation.

**Steady Pace:** Breathing becomes more difficult and you'd no longer be able to hold a conversation, approximately 70 - 80% effort.

**On/Off efforts:** On/off efforts are when you run a solid, hard pace approximately 80 - 90% effort (On) for a set period time, this is then followed by an easy pace jog or walk which is a recovery period (Off) for the same duration.

**Continuous Progressive Runs:** These are continuous runs but the pace will change for a set period of time through the duration of the run.