

Advanced (10K to half marathon)

12 weeks

Week	Session	Running & Stretching 30 -60 mins	Strength training 30 mins															
			Pull up normal	Sit up twist on incline	Push up: Normal	Plank: Normal /seconds	Calf raise alternate legs	Pull up eccentric	Hanging knees to chest	Push up: Eccentric	Star Plank Left/seconds	1 leg squat left	Pull up overarm grip	Push up: narrow	1 leg squat right	Star Plank Right/s	Hanging - pike	Pull up wide overarm
1	1	Intervals 30m (30 mins)	6	15	20	60	25	6	25	20	15	5	6	15	5	15	10	6
	2	Distance – 60m (no stretching) (record distance done using a GPS tracker to see progress)																
	3	Hills/Steps/Fartlek - 30m	7	15	21	60	25	7	25	20	15	5	7	16	5	15	10	7
2	1	Intervals – 30m	7	16	21	60	25	7	25	20	20	6	7	17	6	20	11	7
	2	Distance – 60m																
	3	Hills/Steps/Fartlek- 30m	7	16	21	60	25	7	25	21	20	6	7	18	6	20	11	7
3	1	Intervals- 30m	7	17	22	60	25	7	25	21	25	7	7	19	7	25	12	7
	2	Distance – 60m																
	3	Hills/Steps/Fartlek – 30m	8	17	22	60	25	8	25	21	25	7	8	20	7	25	12	8
4	1	Intervals – 30m	8	18	22	60	25	8	25	22	30	8	8	21	8	30	13	8
	2	Distance – 60m																
	3	Test: Timed run -1.5 miles, then maximum pull ups, followed by sit ups and push ups in 2 minutes; review progress																
5	1	Intervals – 30m	8	18	23	60	25	8	25	23	30	9	8	22	9	30	14	8
	2	Distance – 60m																
	3	Hills/Steps/Fartlek - 30m	9	19	23	60	25	9	25	23	30	9	9	23	9	30	15	9
6	1	Intervals – 30m	9	19	24	60	25	9	25	24	35	10	9	23	10	35	16	9
	2	Distance – 60m																
	3	Hills/Steps/Fartlek - 30m followed by strength training from session 6.1																
7	1	Intervals	9	20	24	60	25	9	25	24	35	10	9	23	10	35	17	9
	2	Distance – 60m																
	3	Hills/Steps/Fartlek – 30m	9	20	24	60	25	9	25	24	40	11	9	24	11	40	18	9
8	1	Intervals – 30m	10	21	25	60	25	10	25	25	40	11	10	24	11	40	19	10
	2	Distance – 60m																
	3	Test: Bleep test followed by maximum pull ups then sit ups and push ups in 2 minutes; Review progress																
9	1	Intervals – 30m	10	21	25	60	25	10	25	25	45	12	10	25	12	45	20	10
	2	Distance – 60m																
	3	Hills/Steps/Fartlek – 30m	10	22	25	60	25	10	25	25	45	13	10	25	13	45	21	10
10	1	Intervals – 30m	11	22	25	60	25	11	25	25	50	13	11	25	13	50	21	11
	2	Distance – 60m																
	3	Hills/Steps/Fartlek 30m	11	23	25	60	25	11	25	25	50	14	11	25	14	50	22	11
11	1	Intervals- 30m	11	23	25	60	25	11	25	25	55	14	11	25	14	55	23	11
	2	Distance – 60m																
	3	Hills/Steps/Fartlek-30m	11	24	25	60	25	11	25	25	55	15	11	25	15	55	24	11
12	1	Intervals-30m	12	25	25	60	25	12	25	25	60	15	12	25	15	60	25	12
	2	Distance – 60m																
	3	Test: Timed run -1.5 miles, then maximum pull ups, followed by sit ups and push ups in 2 minutes; review progress																

Notes

Do the exercises alternately with your buddy – help each other by counting, encouraging and ensuring good technique.

You can track progress with the long runs by using a GPS app to see how far you run in 60 minutes.

Star plank is a plank on each side making it more difficult by raising your upper arm to 90 degrees and upper leg to 45 degrees.

Disclaimer

The exercise programmes are a guide and you may need to modify them to your situation so that you are exercising within your capabilities. The use of these programmes is “at your own risk” and Active Buddy Training cannot accept any liability for injuries sustained or provide personal medical advice. It is normal to feel sore sometimes!