

# 10 WEEKS ♀ 10 MILES ADVANCED

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5 Miles	3 Miles	Cross Train	5 Miles	3 Miles	7 Miles	Rest
2	5 Miles	4 Miles	Cross Train	5 Miles	3 Miles	8 Miles	Rest
3	6 Miles	4 Miles	Cross Train	5 Miles	3 Miles	9 Miles	Rest
4	5 Miles	3 Miles	Cross Train	4 Miles	3 Miles	7 Miles	Rest
5	6 Miles	4 Miles	Cross Train	5 Miles Total: 2 Miles WUP, 4x800 (5K Pace), Mile CD	4 Miles	9 Miles	Rest
6	7 Miles	5 Miles	Cross Train	5 Miles Total: 2 Miles WUP, 8x400 (Mile Pace), Mile CD	4 Miles	10 Miles	Rest
7	6 Miles	4 Miles	Cross Train	4 Miles	3 Miles	8 Miles	Rest
8	7 Miles	6 Miles	Cross Train	5 Miles Total: 2 Miles WUP, 4x800 (5K Pace), Mile CD	5 Miles	10 Miles	Rest
9	7 Miles	6 Miles	Cross Train	5 Miles Total: 2 Miles WUP, 8x400 (Mile Pace), Mile CD	5 Miles	9 Miles	Rest
10	5 Miles	Rest	Cross Train	4 Miles	3 Miles	Rest	<b>Race Day!</b>

## Training Tips, Tricks and Advice:

- Practice going a little harder at the end of your runs to build up speed and mental toughness.
- Types of cross training include: biking, swimming, rollerblading. Mix it up to keep things fun!
- **Stretch** for at least 10 minutes after every workout. If you're feeling ambitious, try yoga.
- Moderate soreness the day after a run is normal. If soreness persists, take a day off. When in doubt, consult your doctor.
- **Ice your legs** to help them recover faster.
- Hydrate. Hydrate. **Hydrate.** Hydrate. Hydrate.
- Do a 5 minute **ab workout** a few times a week to alleviate/eliminate side stitches while running.
- **Invest in a good pair of running shoes.** Most local running stores can do a foot/stride analyses to figure out the best style for you.
- **Mix up your running routes.** Try running on a trail or in a park or on a track.
- Bored running alone? Grab your dog or friend. Consider joining a running club one night a week.
- If you're running at night, **wear reflective clothing** and carry a phone.
- **Don't compare yourself to others!** Remember, no matter how slow you go you're still lapping the person on the couch!