TRAINING FOR ADVANCED

	Day 1	Day 2	Day 3	Day 4
Week 1 **(from 10/06 to 16/06)**	1km slow + 1 km medium + 1km slow + 1 km medium	3 sets x 1km, 2 min recovery	5km slow	7km medium
Week 2 **(from 17/06 to 23/06)**	3km slow + 3 km medium + 3km di slow + 3 km medium	2 sets x 2km, 2 min recovery	8km medium	14km medium
Week 3 **(from 24/06 to 30/06)**	5km slow + 1 km race pace + 1km race pace + 5 km slow	7 sets x 1km, 2 min recovery	6km slow	race simulation
Week 4 **(from 01/07 to 07/07)**	5km slow + 1 km race pace +12 km slow	3 sets x 2km, 2 min recovery + 1x 1km	1km slow, 3 min recovery +8 x 400m, 1 min 30 sec recovery	6km slow + 6km race pace
Week 5 **(from 08/07 to 14/07)**	8km slow	2 sets x1km, 2 min recovery + 4x500m, 1 min 30 sec recovery	6km slow	**COLLETRAIL RACE 14TH OF JULY**

*NOTE: This training programme is adviced for runners who often run races or have done it recently.

Slow: run 40-50 sec slowlier pace than your VR

Medium: run 10 sec slowlier pace than your VR

1km Sets: 6-7 sec faster than your VR

2km Sets: 4-5 sec faster than your VR

400m: 20-25 sec faster than your VR

500m: 10-15sec faster than your VR

To check and improve your running pace (VR) check here: https://www.active.com/fitness/calculators/pace