



## 2019 Suffolk County 10k Advanced Training Program



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 Miles	4 Miles	3 Miles	Cross Train or Off	3 Miles at Goal 10k Pace	Off	5 Miles
2	3 Miles	1 Mile Warm Up 10x400 @ 5k Pace 1 Mile Cool Down	3 Miles	Cross Train or Off	3 Miles at Goal 10k Pace	Off	6 Miles
3	3 Miles	1 Mile Warm Up 6x800 @ 5k Pace 1 Mile Cool Down	3 Miles	Cross Train or Off	4 Miles at Goal 10k Pace	Off	8 Miles
4	3-4 Miles	1 Mile Warm Up 3x1 Mile @ 10K Pace 1 Mile Cool Down	3 Miles	Cross Train or Off	6 Miles	Off	1 Mile Warm Up 6 Miles at HM Pace 1 Mile Cool Down
5	4 Miles	5 Miles	3-4 Miles	Cross Train or Off	4 Miles at Goal 10k Pace	Off	10 Miles
6	4 Miles	2 Mile Warm Up 12x400 @ 5k Pace 1 Mile Cool Down	4 Miles	Cross Train or Off	7 Miles	Off	1 Mile Warm Up 7 Miles @ HM Pace 1 Mile Cool Down
7	4-5 Miles	2 Mile Warm Up 8x800 @ 10k Pace 1 Mile Cool Down	4 Miles	Cross Train or Off	4 Miles at Goal 10k Pace	Off	12 Miles
8	5 Miles	7 Miles	4-5 Miles	Cross Train or Off	7 Miles	Off	1 Mile Warm Up 8 Miles at HM Pace 1 Mile Cool Down
9	4 Miles	2 Mile Warm Up 2x1 Mile @ 10k Pace 2 Mile Cool Down	4 Miles	Cross Train	Off	3 Mile Run	Suffolk County 10k

**Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.**

For more information-[www.sayvillerrunning.com/pages/training](http://www.sayvillerrunning.com/pages/training)

Contact - [Mike.Petrina@SayvilleRunning.com](mailto:Mike.Petrina@SayvilleRunning.com)