



TRAIN

FOR A 5K

Advanced 5K Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3 MILE EASY	2 MILE WARM-UP 5 x 400(5 X 1/4 MILES) 2 MILE COOL DOWN	3 MILE EASY	30 MIN TEMPO	REST	5 MILES FAST	45 MIN RUN
2	3 MILE EASY	2 MILE WARM-UP 6 x 400(6 X 1/4 MILES) 2 MILE COOL DOWN	3 MILE EASY	30 MIN TEMPO	REST	5 MILES FAST	60 MIN RUN
3	3 MILE EASY	2 MILE WARM-UP 9 x 200(9 X 1/8 MILES) 2 MILE COOL DOWN	3 MILES EASY	30 MIN TEMPO	REST	5 MILES FAST	75 MIN RUN
4	3 MILE EASY	2 MILE WARM-UP 7 x 400(6 X 1/4 MILES) 2 MILE COOL DOWN	3 MILE EASY	35 MIN TEMPO	4 MILES EASY	REST	5K TEST RUN
5	3 MILE EASY	2 MILE WARM-UP 10 x 200(10 X 1/8 MILES) 2 MILE COOL DOWN	3 MILE EASY	45 MIN TEMPO	REST	5 MILES FAST	80 MIN RUN
6	3 MILE EASY	2 MILE WARM-UP 8x 400(8 X 1/4 MILES) 2 MILE COOL DOWN	3 MILE EASY	45 MIN TEMPO	REST	6.5 MILES FAST	90 MIN RUN
7	3 MILE EASY	2 MILE WARM-UP 10 x 200(10 X 1/8 MILES) 2 MILE COOL DOWN	3 MILE EASY	45 MIN TEMPO	REST	7 MILES FAST	90 MIN RUN
8	3 MILE EASY	2 MILE WARM-UP 6 x 400(6 X 1/4 MILES) 2 MILE COOL DOWN	REST	30 MIN TEMPO	3 MILES EASY	REST	5K RACE DAY

TRAINING PLAN TERMS

Easy: The "easy" run on the schedule above should be at a comfortable level. Don't focus on how fast you are running, just make sure you get the miles in. An "easy pace" should be run at a level that allows you to chat with a running partner without being out of breath.

Tempo Runs: Tempo Runs are a continuous run with a warm-up, build up to a race pace and then cool down to finish. The warm-up should be about 5-10 minutes of easy running and then 10-15 at the faster pace and finish with a 5-10 minute cool down. Be sure to listen to your body when you run tempo runs as they are very useful for developing anaerobic threshold which is extremely essential for a very fast 5k race.

Fast: As part of this training plan there are a few "fast" runs. So what is exactly is "fast"? That depends on how comfortable you feel. Go a little faster than the "easy" run days; specifically, fast enough that you would not be able to hold a conversation with your running partner. Expect to be out of breath.

Rest: The training plan includes "rest" days. These help you recover from your runs and make sure you taper your training the final week so you are ready to rock your race.

Interval Training: To improve your speed interval training is imperative. What happens when you run interval runs is that you train faster than your race pace for the 5K. Be sure to run a specific amount of time hard, then recover by jogging or walking for shorter time to catch your breath. Make sure you are warmed up before the intervals. Doing sprints of 100 meters beforehand and stretching would be ideal.