

# ADVANCED 5K TRAINING PLAN

## WEEK 1

DAY 1: 40 MINUTES CT OR REST

DAY 2: 25 MINUTE TR + 2 HILL REPEATS

DAY 3: 30 MINUTE CT OR REST

DAY 4: [4 MINUTES @ 5K EFFORT + 2 MINUTES EP] X 3

DAY 5: REST

DAY 6: 5 MILES LR

DAY 7: 3 MILES EP

## WEEK 2

DAY 1: 40 MINUTES CT OR REST

DAY 2: 30 MINUTE TR + 3 HILL REPEATS

DAY 3: 30 MINUTE CT OR REST

DAY 4: [4 MINUTES @ 5K EFFORT + 2 MINUTES EP] X 4

DAY 5: REST

DAY 6: 7 MILES LR

DAY 7: 3 MILES EP

## WEEK 3

DAY 1: 40 MINUTES CT OR REST

DAY 2: 25 MINUTE TR + 3 HILL REPEATS

DAY 3: 30 MINUTE CT OR REST

DAY 4: [4 MINUTES @ 5K EFFORT + 2 MINUTES EP] X 3

DAY 5: REST

DAY 6: 6 MILES LR

DAY 7: 3 MILES EP

## WEEK 4

DAY 1: 40 MINUTES CT OR REST

DAY 2: 25 MINUTE TR + 4 HILL REPEATS

DAY 3: 30 MINUTE CT OR REST

DAY 4: [4 MINUTES @ 5K EFFORT + 2 MINUTES EP] X 4

DAY 5: REST

DAY 6: 7 MILES LR

DAY 7: 3 MILES EP



# BEGINNER 5K TRAINING PLAN

## WEEK 5

DAY 1: 40 MINUTES CT OR REST

DAY 2: 25 MINUTE TR + 4 HILL REPEATS

DAY 3: 30 MINUTE CT OR REST

DAY 4: [4 MINUTES @ 5K EFFORT + 2 MINUTES EP] X 3

DAY 5: REST

DAY 6: 6 MILES LR

DAY 7: 3 MILES EP

## WEEK 6

DAY 1: 30 MINUTES CT OR REST

DAY 2: REST

DAY 3: 20 MINUTES TR

DAY 4: REST

DAY 5: 3 MILES EP

DAY 6: REST

DAY 7: RACE DAY!

## KEY

CT = CROSS TRAINING

TR = TEMPO RUN (COMFORTABLY HARD)

EP = EASY PACE

LR = LONG RUN

5K = 5K PACE

