

Training Plans • 5K Advanced



This is a challenging 6 week training program for 5k. To do this program you must already have a good distance base developed and have been running for at least a year or two. I would already be doing some sort of hard workouts, probably tempo runs and longer intervals. If you are not ready to do this program you will get injured and really suffer. It is not for a novice runner or for a 20 minute 5k guy. I would suggest this for a runner trying to run under 16 minutes for 5k.

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 1



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
90 minute jog.	6-8 miles. 10x 100M strides.	Interval Training: 10x 500M at 5K race pace.	10 miles. Long distance run at a conversational pace.	4 miles.	4 miles. 6x 100M strides.	4-6 mile tempo run at 30 seconds slower than your 10K pace.

Notes:

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 2



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
90 minute jog.	6-8 miles. 10x 100M strides.	Interval Training: 4x 1 mile runs with 3 minute recovery jog between each.	8-10 miles. Long distance run at a conversational pace.	4 miles.	4 miles. 6x 100M strides.	2x 400M 2x 800M 2x 400M 400M jog between each.

Notes:

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 3



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
90 minute jog.	6-8 miles. 10x 100M strides.	Interval Training: 4x 1 mile runs with 3 minute recovery jog between each.	8-10 miles. Long distance run at a conversational pace.	6 miles.	4 miles. 6x 100M strides.	3K Time Trial. 2x 800M 2x 400M All at 3K race pace.

Notes:

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 4



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
75-90 minute jog.	6-8 miles. 8x 100M strides.	Interval Training: 10x 500M at 5K race pace.	Day off.	4-6 miles.	4 miles. 6x 100M strides.	25 minute tempo run.

Notes:

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Week 1

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Week 4

Week 5

Week 6

Week 5



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
75-90 minute jog.	6 miles. 8x 100M strides.	Interval Training: 4x 400M 3x 400M 2x 400M 1x 400M All with 1x 800M jog in between.	8 miles.	2 miles. 4x 200M strides.	3 miles.	1 mile time trial or 1 mile local race.

Notes:

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Week 1

Week 2

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Week 4

Week 5

Week 6

Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
50-60 minute jog.	Interval training: 45 minute jog. 6x 100M strides.	8x 400M fast. 2 minutes rest inbetween each.	30-40 minute jog.	Day off.	4 miles. 6x 100M strides.	Run your race!

Notes:
