

Name: \_\_\_\_\_ Race: \_\_\_\_\_ Date: \_\_\_\_\_

5k Advanced

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	40 mins Recovery run + Stretch	15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Strength & Conditioning + Stretch	40 mins Easy run + Stretch	REST	15 mins warm-up, 4 x 5 mins at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	75 mins Long run - Easy effort + Stretch
Week 2	REST	15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Strength & Conditioning + Stretch	40 mins Steady undulating run - push the hills to 90% + Stretch	REST	15 mins warm-up, 4 x 5 mins at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	75 mins Long run - Easy effort + Stretch
Week 3	REST	15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Strength & Conditioning + Stretch	15 mins warm-up, 3 x 1 mile at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 6 x 2 mins at 5k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Long run - Easy effort + Stretch
Week 4	30 mins Recovery run + Stretch	15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Strength & Conditioning + Stretch	15 mins warm-up, 3 x 1 mile at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 5 x 5 mins at 10k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Long run - Easy effort + Stretch
Week 5	REST	30 mins Recovery run + Stretch	15 mins warm-up, 2 x (3 x 3 mins at 5k pace) with 60 secs jog recovery between efforts and 3 mins recovery between sets, 15 mins cool-down + Stretch	45 mins Strength & Conditioning + Stretch	15 mins warm-up, 2 x (5 x 400m at 5k pace) with 30 secs jog recovery between efforts and 2 mins recovery between sets, 15 mins cool-down + Stretch	REST	90 mins Long run - Easy effort + Stretch
Week 6	30 mins Recovery run + Stretch	15 mins warm-up, 5 x 3 mins at 5k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	40 mins Easy run + Stretch	40 mins Easy run + Stretch	REST	15 mins warm-up, 2 x 3k at 5k race pace with a 6 mins recovery between efforts, 15 mins cool-down + Stretch	60 mins Long run - Easy effort + Stretch
Week 7	REST	40 mins Easy run + Stretch	15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 6 x 1km at 5k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Recovery run + Stretch	60 mins Long run - Easy effort + Stretch
Week 8	REST	15 mins warm-up, 5 x 2 mins at 5k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins easy run including some strides + Stretch	REST	parkrun or 5k race	REST