ADVANCED 5K - 4 DAYS - 9 WEEKS WITH STRENGTH

DAILY WARM UP

(R) = Rest Day (S) = Strength

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

MONBAY	THECDAY	WEDNESDAY	WEEK 1	FDIBAY	CATURDAY	CUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 MILES	S	2 MILES	3 MILES	S	4 MILES	D
EASY	3	EASY	FARTLEK	3	LONG RUN	R
			WEEK 2			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES	S	3 MILES	4 MILES	S	5 MILES	R
EASY	•	EASY	TEMPO	•	LONG RUN	
			WEEK 3			
MONDAY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES		WEDNESDAY 3 MILES	6 X 400M		SATURDAY 5 MILES	
	TUESDAY			FRIDAY		R
3 MILES		3 MILES	6 X 400M PASSIVE		5 MILES	
3 MILES		3 MILES	6 X 400M PASSIVE		5 MILES	
3 MILES		3 MILES	6 X 400M PASSIVE INTERVALS		5 MILES	
3 MILES EASY	S	3 MILES EASY	6 X 400M PASSIVE INTERVALS	S	5 MILES LONG RUN	R
3 MILES EASY MONDAY 3 MILES	S	3 MILES EASY WEDNESDAY 3 MILES	6 X 400M PASSIVE INTERVALS WEEK 4 THURSDAY	S	5 MILES LONG RUN SATURDAY 6 MILES	R
3 MILES EASY MONDAY	S	3 MILES EASY WEDNESDAY	6 X 400M PASSIVE INTERVALS WEEK 4 THURSDAY	S	5 MILES LONG RUN	R
3 MILES EASY MONDAY 3 MILES	S	3 MILES EASY WEDNESDAY 3 MILES	6 X 400M PASSIVE INTERVALS WEEK 4 THURSDAY	S	5 MILES LONG RUN SATURDAY 6 MILES	R

Run Buzz

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

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MONDAY	TUESDAY	WEDNESDAY	WEEK 5 THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	S	3 MILES EASY	6 X 800M PASSIVE INTERVALS	S	6 MILES LONG RUN	R
			WEEK 6			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	S	4 MILES EASY	4 MILES TEMPO	S	6 MILES LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 7 THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	S	4 MILES EASY	3 X 1200M PASSIVE INTERVALS	S	7 MILES LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 8 THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	S	3 MILES EASY	4 MILES TEMPO	S	5 MILES LONG RUN	R

Run Buzz

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ADVANCED 5K - 4 DAYS - 9 WEEKS WITH STRENGTH

DAILY WARM UP

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			WEEK 9			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	2 MILES EASY	R	2 MILES EASY		R
		WEDNESDAY	WEEK 10			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	WEEK 11 THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	WEEK 12 THURSDAY	FRIDAY	SATURDAY	SUNDAY
BAHAZ		Finish each v	work out with an or	asy and down T	his halps your hoart	rate



Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness