

ADVANCED 5K - 4 DAYS - 9 WEEKS

DAILY WARM UP

(R) = Rest Day

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.

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 MILES EASY	R	2 MILES EASY	3 MILES FARTLEK	R	4 MILES LONG RUN	R

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	3 MILES EASY	4 MILES TEMPO	R	5 MILES LONG RUN	R

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	3 MILES EASY	6 X 400M PASSIVE INTERVALS	R	5 MILES LONG RUN	R

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	3 MILES EASY	4 MILES TEMPO	R	6 MILES LONG RUN	R

DAILY COOL DOWN



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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WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	3 MILES EASY	6 X 800M PASSIVE INTERVALS	R	6 MILES LONG RUN	R

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	4 MILES EASY	4 MILES TEMPO	R	6 MILES LONG RUN	R

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	4 MILES EASY	3 X 1200M PASSIVE INTERVALS	R	7 MILES LONG RUN	R

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	R	3 MILES EASY	4 MILES TEMPO	R	5 MILES LONG RUN	R

DAILY COOL DOWN



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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

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

DAILY COOL DOWN



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