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.

MONDAY	TUESDAY	WEDNESDAY	WEEK 1 THURSDAY	FRIDAY	SATURDAY	SUNDAY			
2 MILES EASY	R	2 MILES EASY	3 MILES FARTLEK	R	4 MILES LONG RUN	R			
MONDAY	TUESDAY	WEDNESDAY	WEEK 2 THURSDAY	FRIDAY	SATURDAY	SUNDAY			
3 MILES EASY	R	3 MILES EASY	4 MILES TEMPO	R	5 MILES LONG RUN	R			
MONDAY	TUESDAY	WEDNESDAY	WEEK 3 THURSDAY	FRIDAY	SATURDAY	SUNDAY			
3 MILES EASY	R	3 MILES EASY	6 X 400M PASSIVE INTERVALS	R	5 MILES LONG RUN	R			
MONDAY	TUESDAY	WEDNESDAY	WEEK 4 THURSDAY	FRIDAY	SATURDAY	SUNDAY			
3 MILES EASY	R	3 MILES EASY	4 MILES TEMPO	R	6 MILES LONG RUN	R			
DAILY COOL DOWN		to return to a	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	R	3 MILES EASY	6 X 800M PASSIVE INTERVALS	R	6 MILES LONG RUN	R		
MONDAY	TUESDAY	WEDNESDAY	WEEK 6 THURSDAY	FRIDAY	SATURDAY	SUNDAY		
3 MILES EASY	R	4 MILES EASY	4 MILES TEMPO	R	6 MILES LONG RUN	R		
MONDAY	TUESDAY	WEDNESDAY	WEEK 7 THURSDAY	FRIDAY	SATURDAY	SUNDAY		
3 MILES EASY	R	4 MILES EASY	3 X 1200M PASSIVE INTERVALS	R	7 MILES LONG RUN	R		
MONDAY	TUESDAY	WEDNESDAY	WEEK 8 THURSDAY	FRIDAY	SATURDAY	SUNDAY		
3 MILES EASY	R	3 MILES EASY	4 MILES TEMPO	R	5 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						

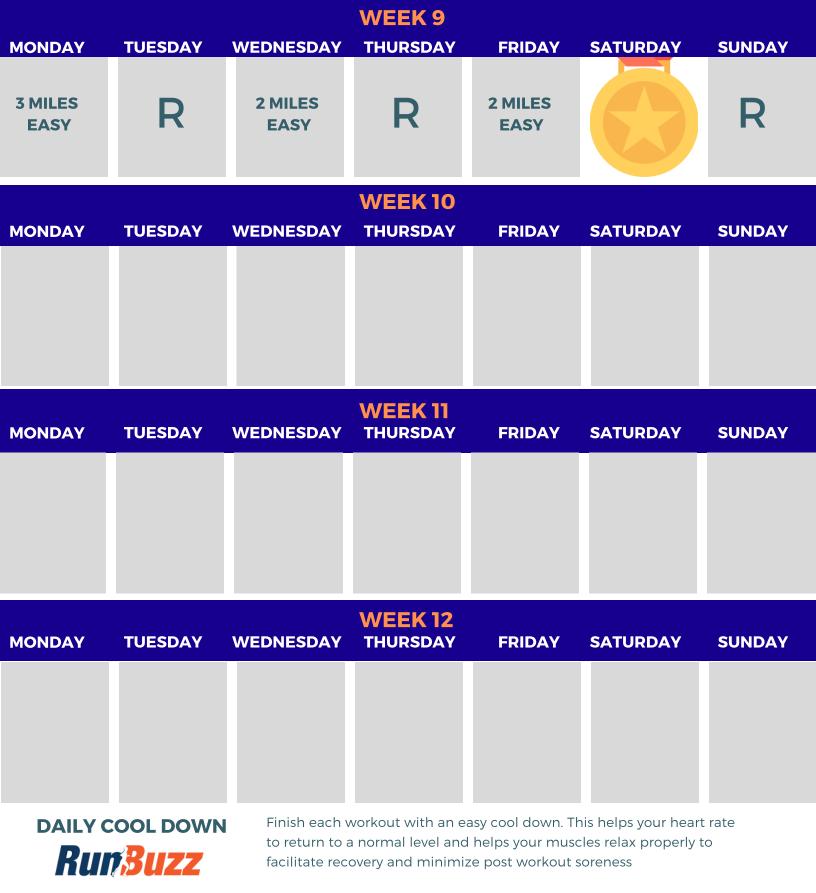
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