ADVANCED 5K - 4 DAYS - 9 WEEKS W/STRENGTH

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.

MONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAYSUNDA3K EASYSSK EASYSK FARTLEKS7K LONG RUNRMONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAYSUNDA5K EASYSSSK EASYSK EASYFRIDAYSATURDAYSUNDA5K EASYSSSK EASYGK TEMPOSSSK LONG RUNRMONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAYSUNDA5K EASYVEDNESDAYTHURSDAYFRIDAYSATURDAYSUNDA5K EASYSSSK EASYG X 400M PASSIVE INTERVALSSSSK LONG RUNR	WEEK1								
EASYSEASYFARTLEKSLONG RUNRMONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAYSUNDA5K EASYSSK EASY6K TEMPOS8K LONG RUNRMONDAYTUESDAYWEDNESDAYWEEK 3 THURSDAYFRIDAYSATURDAYSUNDAMONDAYTUESDAYWEDNESDAYHURSDAYFRIDAYSATURDAYSUNDA5K EASYSSK EASYSK EASY6 X 400M PASSIVES8K LONG RUNR	IONDAY TUESDA								
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	5K EASY S								
WEEK 4 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDA	MONDAY TUESDA								
5K EASY S S S EASY 6K TEMPO S 10K 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 © Copyright - Run For Performance LLC / RunBuzz									

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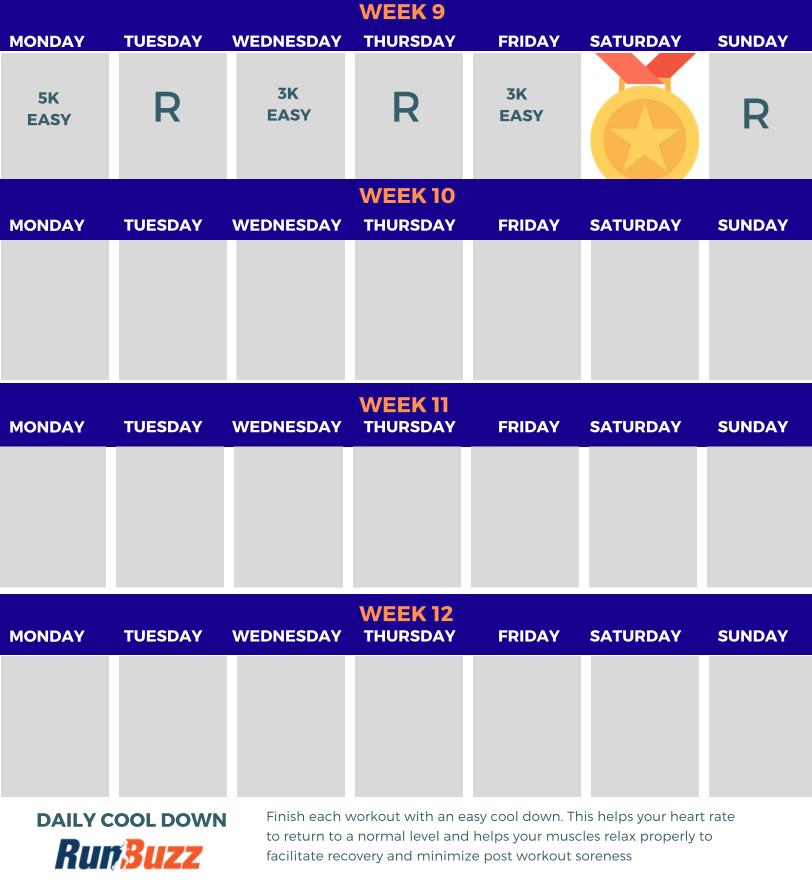
WEEK 5								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5K EASY	S	5K EASY	6 X 400M PASSIVE INTERVALS	S	10K LONG RUN	R		
WEEK 6								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5K EASY	S	6K EASY	6K TEMPO	S	10K LONG RUN	R		
MONDAY	TUESDAY	WEDNESDAY	WEEK 7 THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5K EASY	S	6K EASY	6 X 400M PASSIVE INTERVALS	S	11K LONG RUN	R		
MONDAY	TUESDAY	WEDNESDAY	WEEK 8 THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5K EASY	S	5K EASY	6K TEMPO	S	8K 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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