



### Advanced 5k training schedule

week	sun	mon	tue	wed	thu	fri	sat	total			
	day off	x train	interval	easy	threshold	day off	LSD				
			pace	pace	pace		pace				
week 1	30 min	xt	30 min	30 min	30 min T	off	50 min	170 min	endurance phase		
week 2	30 min	xt	30 min	30 min	30 min T	off	55 min	175 min			
week 3	30 min	xt	30 min	35 min	30 min T	off	60 min	185 min			
week 4	35 min	xt	30 min	35 min	35 min H	off	55 min	190 min	strength phase		
week 5	35 min	xt	30 min	35 min	35 min H	off	65 min	200 min			
week 6	35 min	xt	35 min	40 min	35 min H	off	55 min	200 min			
week 7	40 min	xt	30 min I	40 min	35 min	off	70 min	215 min	speed building phase		
week 8	40 min	xt	35 min I	40 min	35 min	off	60 min	210 min			
week 9	40 min	xt	35 min I	45 min	35 min	off	75 min	230 min			
week 10	45 min	xt	35 min I	45 min	35 min T	off	65 min	225 min	peaking phase		
week 11	45 min	xt	40 min I	45 min	35 min T	off	80 min	245 min			
week 12	off	xt	40 min	xt	40 min	off	5k	80 min	taper phase		

This schedule is a five phase system and is designed for the advanced runner who would like to be competitive at the 5k distance. Please see page 2 for additional workouts. Each day is designated as a run, xt or off day. These days are set to work with each other and should not be deviated. **This schedule assumes the athlete has 2 months base training**

The schedule is designed for five days a week training and includes a cross training day as well as a complete day off from running

**Friday** is the scheduled day off from running and all impact exercise. Monday is a cross train day but can also be used as a day off when needed

**Monday** is designated to cross training for recovery. This may be swimming, cycling, gym work for upper body, TRX, yoga but no running or impact exercise.

**Sunday, Tuesday, Wednesday Thursday and Saturday** are the scheduled run days. Suggested paces are set for each day. LSD stands for Long Slow Distance run. Walk breaks have been removed so pace is important. Interval and threshold pace workouts can be found on page 2 of the training schedule.

During the endurance and strength phases Thursday should be a moderate paced run or a Threshold run. This is when you run at a pace just below the threshold of pain. This is not a sprint but a pace equal to 85% of your MHR if you are using a heartrate monitor. The pace is uncomfortable but not all out red lining.

During the speed phase you will begin interval training. A track is suggested for these workouts. If a track is not available then use a treadmill to measure distance, pace and time

Week 12 is the taper week and should be used to recover from the past 11 weeks of training. The taper phase is designed to allow the body to repair itself for the upcoming 5k race. The 5k race should be scheduled on Saturday or Sunday of the final week of training. **If the goal race is on Sunday, run an easy 30 minutes on Thursday and take Saturday off**

Page 2 additional workout sessions for endurance, strength, speed and peaking phases using Interval pace, Threshold pace and Hill pace

week 1 - 10 min warm up; 10 minutes at 85% effort; 10 min cool down

week 2 - 10 minute warm up; 15 minutes at 85% effort; 5 minute cool down

week 3 - 10 minute warm up; (5 minutes at 90% effort) x 2; 10 minute cool down

week 4 - 10 min warm up; hill repeats on 1/4 mile hill, (charge up the hill at 90% effort w/jog down recovery) x 6; 5 min cool down

week 5 - 10 minute warm up; rolling hills course charging the hills at 85% effort for 20 minutes; 5 min cool down

week 6 - 10 min warm up; (hill repeats on 1/4 mile hill) x 8 - 10; 5 min cool down

week 7 - on a track; 10 min warm up; (400m x 5 at 90% effort) w/ 60 second recovery; 5 minute cool down

week 8 - on a track; 10 min warm up; (200m x 6 at 90% effort) x 2; 2 minutes between sets and 30 second recovery between repeats; 5 min cool down

week 9 - on a track; 10 min warm up; (400m x 8 at 90% effort) 60 second recovery between repeats; 5 min cool down

week 10 - Tuesday on a track; 10 min WU + (200m x 4 at 90% effort) x 4 w/ 30 sec rest between repeats and 2 min between sets; 5 min CD

Thursday on the road, 10 min WU + (10 min @ 90% effort) x 2 w/ 2 minutes between sets + 5 min CD

week 11 - Tuesday on the track; 10 min WU + (800m x 6 @ 85% effort) w/ 2 min between repeats; 5 min CD

Thursday on the road 10 min WU + 20 min threshold paced run at 85% effort + 5 min CD