Advanced 5k Training Plan

WEEK	M	T	W	TH	F	SAT	SUN
1	3 m run	5 x 400	Rest or easy run	30 min tempo	Rest	4 m fast	60 min run
2	3 m run	8 x 200	Rest or easy run	30 min tempo	Rest	4 m fast	65 min run
3	3 m run	6 x 400	Rest or easy run	35 min tempo	Rest	5 m fast	70 min run
4	3 m run	9 x 200	Rest or easy run	35 min tempo	Rest or easy run	Rest	**5-K Test**
5	3 m run	7 x 400	Rest or easy run	40 min tempo	Rest	5 m fast	75 min run
6	3 m run	10 x 200	Rest or easy run	40 min tempo	Rest	6 m fast	85 min run
7	3 m run	8 x 400	Rest or easy run	45 min tempo	Rest	6 m fast	90 min run
8	2 m run	6 x 200	30 min tempo	Rest or easy run	Rest	Rest	**5-K Race**

Key:

Tempo – a pace that is half way between your easy pace and your race pace. You should still be able to carry on a conversation during your tempo runs.

X 400 – these would be best done on a track as the 400 represents meters. 400 meters is one lap around a track. Run 400 meters at a hard pace, then rest (slow down) for the next 400 meters. (ie: 6 x 400, run hard for 400 meters, run easy for 400 meters, run hard for 400 meters, easy for 400 meters…continue this for 6 laps.) Same goes for 200 meters which is half a lap. Run hard for 200 meters, then easy for 200 meters.