



5K TRAINING - ADVANCED 8 WEEK PLAN

HOW TO USE THIS PLAN

Each week contains seven daily bullets. Do the runs in order adding in rest and crosstraining as desired. We suggest shorter runs Monday, Tuesday, Thursday and Friday with crosstraining on Wednesdays. Use the weekends for a long run and rest. Crosstraining options include: swimming, walking, cycling, or core work. HR/PE = Heart rate / perceived exertion.

1 SEPTEMBER 11 - 17

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE.
- Run 8 x 90 second Hill repeats at 85% HR/PE, recovery downhill at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - 30 minutes at 60-70% HR/PE
- Run 5 - Long Run: Run 6 miles at 60-70% HR/PE
- 1 Crosstrain day
- 1 Rest day

2 SEPTEMBER 18 - 24

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE.
- Run 16 x 1 minute at 85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - 30 minutes at 60-70% HR/PE
- Run 5 - Long Run: Run 7 miles at 60-70% HR/PE
- 1 Crosstrain day
- 1 Rest day

3 SEPTEMBER 25 - OCTOBER 1

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE.
- Run 10 x 90 second Hill Repeats at 85% HR/PE, recovery downhill at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - 35 minutes at 60-70% HR/PE
- Run 4 - 35 minutes at 60-70% HR/PE
- Run 5 - Long Run: Run 8 miles at 60-70% HR/PE
- 1 Crosstrain day
- 1 Rest day

4 OCTOBER 2 - 8

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE.
- Run 20 x 1 minute at 85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 40 minutes at 60-70% HR/PE
- Run 4 - 40 minutes at 60-70% HR/PE
- Run 5 - Long Run: Run 9 miles at 60-70% HR/PE
- 1 Crosstrain day
- 1 Rest day

5K TRAINING - ADVANCED 8 WEEK PLAN

5

OCTOBER 9 - 15

- Run 1 - 50 minutes at 60-70% HR/PE
 - Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 12 x 400 at 85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
 - Run 3 - 45 minutes at 60-70% HR/PE
 - Run 4 - 40 minutes at 60-70% HR/PE
 - Run 5 - Long Run: Run 10 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
 - 0 - 1 Rest days

6

OCTOBER 16 - 22

- Run 1 - 55 minute at 60-70% HR/PE
 - Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 6 x 800 at 85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
 - Run 3 - 45 minutes at 60-70% HR/PE
 - Run 4 - 45 minutes at 60-70% HR/PE
 - Run 5 - Long Run: Run 9 miles at a comfortable pace. 60-70% HR/PE
- 1 - 2 Crosstrain days
 - 0 - 1 Rest days

7

OCTOBER 23 - 29

- Run 1 - 1 hour at 60-70% HR/PE
 - Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 3 x 1 mile at 85% HR/PE. Walk / Jog 3:00 recovery between. Run 1 mile cool down
 - Run 3 - 50 minutes at 60-70% HR/PE
 - Run 4 - 45 minutes at 60-70% HR/PE
 - Run 5 - Long Run: Run 8 miles at a comfortable pace. 60-70% HR/PE
- 1 - 2 Crosstrain days
 - 0 - 1 Rest days

8

RACE WEEK

- Run 1 - Monday - 30 minutes at 60-70% HR/PE
- Rest Day Tuesday
- Run 2 - Wednesday - 10 minutes warm up at 60-70% HR/PE. Run 8 x 1 minute at 75-80% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easy cool down
- Rest day Thursday
- Run 3 - Friday - 20 minutes at 60-70% HR/PE
- Training Complete! Saturday is Race Day!!

