



# RUNNING TO POWER HEART RESEARCH

## 5K Running training plan for advanced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 mins easy effort run + stretch	30 mins run incl middle 15 mins at Threshold effort + stretch	30 mins Cross-Training + stretch	45 mins run including 2 x 6 mins at 5K effort with 90 secs jog recovery between efforts + stretch	Rest	10 mins warm up, 4 x 5 mins Kenyan Hills with 2 mins recovery between efforts, 10 mins cool down	75 mins easy/steady effort long run + stretch
2	30 mins easy effort run + stretch	45 mins run including 2 x 8 mins at 5K effort with 90 secs jog recovery between efforts + stretch	30 mins Cross-Training + stretch	40 mins run incl middle 20 mins at Threshold effort + stretch	Rest	10 mins warm up, 3 x 7 mins Kenyan Hills with 2 mins recovery between efforts, 10 mins cool down	75 mins easy/steady effort long run + stretch
3	30 mins easy effort run + stretch	45 mins run including 3 x 6 mins at 5K effort with 90 secs recovery between efforts + stretch	45 mins Cross-Training + stretch	50 mins run incl middle 20 mins at Threshold effort + stretch	Rest	10 mins warm up, 3 x 8 mins Kenyan Hills with 2 mins recovery between efforts, 10 mins cool down	75 mins easy/steady effort long run + stretch
4	Rest	30 mins run: 10 mins easy, 10 mins steady, 10 mins at Threshold effort + stretch	30 mins Cross-Training + stretch	30 mins easy effort run + stretch	Rest	30 mins run: 10 mins easy, 10 mins at Threshold effort, 10 mins easy + stretch	60 mins easy effort long run + stretch
5	40 mins easy effort run + stretch	50 mins run including 2 x 10 mins at 5K effort with 60 secs jog recovery between efforts	45 mins Cross-Training + stretch	50 mins run incl middle 20 mins at Threshold effort + stretch	Rest	10 mins warm up, 3 x 10 mins Kenyan Hills with 2 mins recovery between efforts, 10 mins cool down + stretch	85 mins easy/steady effort long run + stretch

**FIGHT FOR EVERY HEARTBEAT**

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	40 mins easy effort run + stretch	50 mins run inc: 6 sets: 2 mins at 10K effort, 60 seconds recovery, 1 min at 5K effort - 2 mins recovery between sets + stretch	45 mins Cross-Training + stretch	10 mins warm-up, 2 x 10 mins (run: 5 mins at Threshold effort + 5 mins at 5K effort) with 60 secs jog recovery between efforts, 10 mins cool-down + stretch	Rest	40 mins run: 10 mins easy, 20 mins hilly Threshold run, 10 mins easy + stretch	85 mins easy/steady pace long run + stretch
7	30 mins easy effort run + stretch	50 mins run inc: 6 sets: 2 mins at 10K effort, 60 seconds recovery, 1 min at 5K effort - 2 mins recovery between sets + stretch	30 mins easy effort run + stretch	10 mins warm up, 10 x 2 at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	10 mins warm up, 6 x 3 mins at 5k effort with 2-3 min jog recovery between efforts, 10 mins cool down + stretch	60 mins easy pace long run + stretch
8	Rest	40 mins incl 3 x 4 mins at 5k effort with 2 mins jog recovery between efforts + stretch	Rest	30 mins recovery run	Rest	20 min easy run and stretch	<b>5km Race</b>

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