




Running training plan: 5K-Advanced

Easy

Moderate

Hard



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

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	40 mins easy effort run  	50 mins run including 2 x 10 mins at 5K effort with 60 secs jog recovery between efforts  	45 mins Cross-Training  	50 mins run incl middle 20 mins at Threshold effort  	Rest 	10 mins warm up, 3 x 10 mins Kenyan Hills with 2 mins recovery between efforts, 10 mins cool down  	85 mins easy/ steady effort long run  
6	40 mins easy effort run  	50 mins run inc: 6 sets: 2 mins at 10K effort, 60 sec recovery, 1 min at 5K effort - 2 mins recovery between sets  	45 mins Cross-Training  	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  	Rest 	40 mins run: 10 mins easy, 20 mins hilly Threshold run, 10 mins easy  	85 mins easy/ steady effort long run  
7	30 mins easy effort run  	50 mins run inc: 6 sets: 2 mins at 10K effort, 60 seconds recovery, 1 min at 5K effort - 2 mins recovery between sets  	30 mins easy effort run  	10 mins warm up, 10 x 2 at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	Rest 	10 mins warm up, 6 x 3 mins at 5k effort with 2-3 min jog recovery between efforts, 10 mins cool down  	60 mins easy pace long run  
8	Rest 	40 mins incl 3 x 4 mins at 5k effort with 2 mins jog recovery between efforts  	Rest 	30 mins recovery run  	Rest 	20 mins easy run  	5K Event!

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