

PODIUM RUNNER

The 10-Week Advanced 5K Training Plan

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Long Run: 60:00	Easy Run (30:00) or X- Training (45:00)	Hill Workout: 10 x 1:00 @ 5K effort w/jog down recovery	Easy Run: 45:00	Easy Run: 45:00 + strides	Tempo Run Run: 20:00 @ goal 5K pace + 30 seconds/mile	Easy Run: (30:00) or X- Training (45:00)
2	Long Run: 65:00 + strides	Easy Run (30:00) or X- Training (45:00)	Fartlek: 5-6 x 3:00 @ goal 5K pace w/2:00 recovery	Easy Run: 45:00	Easy Run: 50:00 + strides	Progression Run + Hill Repeats: 50:00 (First 30:00 easy, next 15:00 steady, last 5:00 @ goal 5K pace); 4 x 30-second hill repeats @ 5K effort afterward	Easy Run: (30:00) or X- Training (45:00)
3	Easy Run: 45:00 + strides	Easy Run (30:00) or X- Training (45:00)	Track Workout: 10 x 400m @ goal 5K pace – 5 seconds per mile w/ 200m jog recovery	Easy Run: 35:00	Easy Run: 35:00 + strides	Hill Workout: 3 x 2:00-1:00-30 second hill repeats w/jog down recovery. Start at 5K effort and increase progressively	Easy Run: (30:00) or X- Training (45:00)
4	Long Run: 70:00 + strides	Easy Run (30:00) or X- Training (45:00)	Tempo Run: 4 miles @ goal 5K pace + 15-20 seconds/mile	Easy Run: 45:00	Easy Run: 45:00 + strides	Track Workout: 8 x 200m @ 3K pace w/200m jog recovery	Easy Run: (30:00) or X- Training (45:00)

5	5K RACE	Easy Run (30:00) or X-Training (45:00)	Easy Run: 60:00 + strides	Easy Run: 45:00	Track Workout: 4-5 x 1 mile @ 5K race pace w/1:00 recoveries	Easy Run: 50:00	Easy Run: (30:00) or X-Training (45:00)
6	Long Progression Run: 75:00 + strides (First 50 minutes easy, last 25:00 @ marathon/half marathon pace [5K pace + ~40 sec/mile])	Easy Run (30:00) or X-Training (45:00)	Hill Repeats: 12 x 30-seconds @ 3K effort (5K pace – 15 seconds/mile) w/jog down recoveries	Easy Run: 45:00	Easy Run: 50:00 + strides	Track Workout: 4 x 1,200m @ 5K pace – 5 seconds/mile with 2:00 recoveries	Easy Run: (30:00) or X-Training (45:00)
7	Long Run: 75:00 + strides	Easy Run (30:00) or X-Training (45:00)	Tempo Run: 6 miles @ 5K pace + 30 seconds/mile	Easy Run: 45:00	Easy Run: 45:00 + strides	10 x 300m @ 3K pace w/100m jog recoveries	Easy Run: (30:00) or X-Training (45:00)
8	Long Run: 60:00 + strides	Easy Run (30:00) or X-Training (45:00)	Hill Repeats: 3 x 2:00 @ 5K effort; 4 x 1:00 @ 5K effort; 4 x 30 seconds @ 3K effort. Recovery: jog down the hill after each repeat.	Easy Run: 45:00	Easy Run: 35:00 + strides	Track Workout: 1 mile @ 5K pace; 2 x 800m @ 5K pace – 10 sec/mile; 4 x 400m @ 3K pace (Recovery: half the distance of the preceding interval.)	Easy Run: (30:00) or X-Training (45:00)

9	Long Run: 80:00 + strides	Easy Run (30:00) or X- Training (45:00)	Intervals: 2 x 1.5 miles w/ 3:00 recovery between intervals. First 1.5-mi interval at 5K pace (no faster!), second at 5K pace – 5-10 sec/mile.	Easy Run: 45:00	Easy Run: 45:00 + strides	Track Workout: 6 x 800m @ 3K pace w/2:00 jog recovery between intervals	Easy Run: (30:00) or X- Training (45:00)
10	Long Run: 60:00 + strides	Easy Run (30:00) or X- Training (45:00)	Tempo Run + Fartlek: 10:00 @ 5K pace + 30 sec/mile, 3:00 recovery, 6 x 30 seconds @ 3K effort w/90 sec recoveries	Easy Run: 45:00	Easy Run: 30:00 + strides	Track Workout: 6 x 200m @ 3K pace w/200m jog recovery between intervals	Easy Run: (30:00) or X- Training (45:00)
5K RACE!							