



ADVANCED 5K SCHEDULE

TARGET: IMPROVE SPEED OVER DISTANCE PREREQUISITE: BEGINNERS 10K OR FURTHER SCHEDULE: 6 DAYS PER WEEK

WEEK 1

MONDAY

30 min with hills

TUESDAY

25 min easy

WEDNESDAY

40 min incl. 10 x 1 fast (1 min)

THURSDAY

40 min easy

FRIDAY

20 min pace run

SATURDAY

Rest

SUNDAY

60 min easy

WEEK 2

MONDAY

35 min with hills

TUESDAY

25 min easy

WEDNESDAY

6 x 2 min (90 sec)

THURSDAY

45 min easy

FRIDAY

4 x 5 min (2 min)

SATURDAY

Rest

SUNDAY

70 min easy

WEEK 3

MONDAY

30 min with hills

TUESDAY

25 min easy

WEDNESDAY

5 x 3 min (1 min)

THURSDAY

40 min easy

FRIDAY

3 x 8 min (3 min)

SATURDAY

Rest

SUNDAY

75 min easy

WEEK 4

MONDAY

30 min with hills

TUESDAY

30 min easy

WEDNESDAY

4, 3, 2, 1, 2, 3, 5 min fast (1 min jog rec)

THURSDAY

30 min easy

FRIDAY

25 min pace race

SATURDAY

Rest

SUNDAY

60 min easy

WEEK 5

MONDAY

20 min @ 10K race pace

TUESDAY

30 min easy

WEDNESDAY

Rest

THURSDAY

40 min steady

FRIDAY

Jog and strides

SATURDAY

Rest

SUNDAY

5K race