



# ADVANCED 5K TRAINING PLAN

## 8 WEEKS TO HIT A PR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross Training 30-45 Min	10 x 400m (5k Pace)/ 200m Jog	3 Mile Run	Rest Day	5 x 4 Min (Tempo Pace)/ 90s Rest	4 Miles	7 Miles
2	Cross Training 45 Min	6 x 800m (5k Pace)/ 200m Jog	4 Mile Run	Rest Day	4 x 5 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	8 Miles
3	Cross Training 45 Min	6 x 1000m (5k Pace)/ 200m Jog	5 Mile Run	Rest Day	3 x 7 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	5k Time Trial
4	Cross Training 45 Min	10 x 400m (Mile Pace)/ 200m Jog	5 Mile Run	Rest Day	2 x 10 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	10 Miles
5	Cross Training 45-60 Min	5 x 1200m (5k Pace)/ 200m Jog	6 Mile Run	Rest Day	20 Min (Tempo Pace)	4 Miles + 4 x 75m Strides	12 Miles
6	Cross Training 45-60 Min	6 x 800m (Mile Pace)/ 200m Jog	7 Mile Run	Rest Day	25 Min (Tempo Pace)	4 Miles + 4 x 75m Strides	10 Miles
7	Cross Training 45-60 Min	6 x 800m (5k Pace)/ 200m Jog + 4 x 200m (Mile Pace)/ 200m Jog	6 Mile Run	Rest Day	2 x 10 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	6 Miles
8	Cross Training 30-40 Min	2 x 800m (5k Pace)/ 200m Jog	4 Mile Run	Rest Day	20 Min + 4 x 75m Strides	<b>5k PR!</b>	

- **MONDAY Cross Training:** Non-running aerobic workout. Examples include cycling, swimming, rowing, elliptical, aqua jogging, and hiking.
- **TUESDAY Speed Workouts:** Run intervals at the indicated pace for each individual workout.
- **WEDNESDAY Distance Runs:**
- **THURSDAY Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **FRIDAY Threshold Runs:** During the Threshold or Tempo intervals, run at a pace you can sustain all out for one hour.
- **SATURDAY Easy Runs:** Run at a conversational pace to aid recovery from harder workouts. You can substitute these for Rest Days if you need them!
- **SUNDAY Long Runs:** Long endurance workouts at an easy pace to improve physical and mental stamina.
- **Strides:** Accelerate over the duration of the stride, reaching max speed at the end of each one.
- **Warm-Ups and Cool-Downs:** For Speed Workouts and Threshold Runs, make sure you warm up and cool down with a 1-mile jog to keep yourself in tip-top condition and reduce the risk of injury.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Shake Out Run:** The final, day of the Training Plan before your Marathon. Very relaxed run to loosen up.

Check out our extensive range of Training Plans (and much more!) at [MarathonHandbook.com](http://MarathonHandbook.com)