5K RUNNING PLAN FOR ADVANCED RUNNERS

8 Weeks to a Faster 5K

RUNSTREET
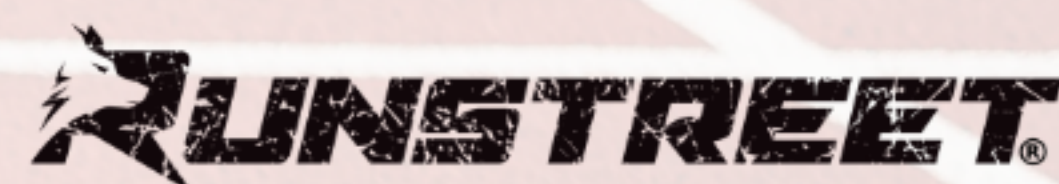
	5th Week	6th Week	7th Week	8th Week
SUN	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace	20 Mins Base Run at Relaxed Pace
MON	10 Mins Jog 25 Mins Tempo Run 10 Mins Jog	10 Mins Jog 25 Mins Tempo Run 10 Mins Jog	10 Mins Jog 1-mile benchmark run 90-100% effort 10 Mins Jog	10 Mins Jog 20 Mins Tempo Run 10 Mins Jog
TUE	REST DAY	REST DAY	REST DAY	REST DAY
WED	35 Mins Base Run	40 Mins Base Run	35 Mins Base Run	REST DAY
THU	10 Mins Jog 800-Meter Interval 800 Meter Jog Repeat 3X 10 Mins Jog	10 Mins Jog 800-Meter Interval 800 Meter Jog Repeat 4X 10 Mins Jog	10 Mins Jog 400-Meter Interval 400 Meter Jog Repeat 5X 10 Mins Jog	20 Mins Base Run at Relaxed Pace
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace	**5K RACE YOU GOT THIS!!**