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!!**