

6-WEEK ADVANCED 5K TRAINING PLAN

MY PLEDGE: _____

MY TARGET TIME: _____

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

Tempo Run at a challenging – but sustainable – pace.
Fast Push yourself to the highest pace you can.
Easy Run at a relaxed pace.
Jog Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>	50 Mins Easy Run	Track: 10 Mins Easy Run 400m Hard Run 200m Jog X 8 Reps 10 Mins Easy Run	40 Mins Easy Run	10 Mins Easy Run 4 Miles Tempo Run 10 Mins Easy Run	Rest	10 Mins Easy Run 45s Hard Up Hill Jog Down Hill X 10 Reps 10 Mins Easy Run	1hr 15mins Easy Run
2 <i>Building time on feet</i>	50 Mins Easy Run	Track: 10 Mins Easy Run 800m Fast Run 300m Jog X 7 Reps 10 Mins Easy Run	50 Mins Easy Run	1 Mile Easy Run 5 Miles Tempo Run 1 Mile Easy Run	Rest	10 Mins Easy Run Run 60secs up hill Jog Back down Hill X 10 Reps 10 Mins Easy Run	1hr 20mins Easy Run
3 <i>Consolidate your Running</i>	50 Mins Easy Run	Track: 10 Mins Easy Run 1K at Race Pace 300m Jog X 6 Reps 10 Mins Easy Run	60 Mins Easy Run	1 Mile Easy Run 6 Miles Tempo Run 1 Mile Easy Run	Rest	10 Mins Easy Run 4 Mins Steady Run 30secs Hard Run 2 Min Very Easy Jog X 4 Reps 10 Mins Easy Run	1hr 30mins Easy Run
4 <i>Run for longer</i>	50 Mins Easy Run	Track: 10 Mins Easy Run 200m Hard Run 200m Jog X 15 Reps 10 Mins Easy Run	60 Mins Easy Run	1 Mile Easy Run 1 Mile Hard Run 2 Min Jog X 5 Reps 1 Mile Easy Run	Rest	10 Mins Easy Run 60secs Hard up hill Jog Back down X 5 Reps 45secs Hard up hill Jog Back down X 5 Reps 30secs Hard up hill Jog Back down X 5 Reps 10 Mins Easy Run	1hr 30mins Easy Run (Pick up the pace for the final 20mins)
5 <i>Build your confidence</i>	40 Mins Easy Run	Track: 10 Mins Easy Run 400m Hard Run 400m Jog 300m Hard Run 300m Jog 200m Hard Run 200m Jog 100m Hard Run 100m Jog X 2 Reps 10 Mins Easy Run	40mins Easy Run	1 Mile Easy Run 1 Mile at Race Pace 60secs Jog X 3 Reps 1 Mile Easy Run	Rest	40mins Easy Run	60mins Easy Run
6 <i>Prepare for the race</i>	Rest	10 Mins Easy Jog 1 Min at Race Pace 2 Mins Jog X 8 Reps 10 Mins Easy Jog	30 Mins Easy Run	20 Mins Easy Jog	10 Mins Easy Run 100m Strides Walk back X 3 Reps	Rest	Race Day! Good Luck!