



8 WEEK

# 5K ADVANCED

M T W T F S

**WEEK 1**  
October 2-8

20 minute  
Run

Rest

Speed  
Workout

Rest

20 minute  
Run

3 mile  
Run

**WEEK 2**  
October 9-15

25 minute  
Run

Rest

Speed  
Workout

Rest

25 minute  
Run

3.5 mile  
Run

**WEEK 3**  
October 16-22

30 minute  
Run

Cross Train

Speed  
Workout

Cross Train

30 minute  
Run

4 mile  
Run

**WEEK 4**  
October 23-30

35 minute  
Run

Cross Train

Speed  
Workout

Cross Train

35 minute  
Run

4.5 mile  
Run

**WEEK 5**  
Oct 31 - Nov 5

40 minute  
Run

30 minute  
Run

Speed  
Workout

Cross Train

40 minute  
Run

5 mile  
Run

**WEEK 6**  
November 6-12

45 minute  
Run

30 minute  
Run

Speed  
Workout

Cross Train

45 minute  
Run

5-6 mile  
Run

**WEEK 7**  
November 13-19

45 minute  
Run

40 minute  
Run

Speed  
Workout

Rest

30 minute  
Run

5 mile  
Run

**WEEK 8**  
November 20-26

30 minute  
Run

25 minute  
Run

20 minute  
Run



Refer to next page for Speed  
Workout assignments

\*Sundays = Rest Days



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## SPEED WORKOUTS

- Week 1**
  - 10min warmup jog
  - 5 x 1min fast / 1min slow
  - 5min cooldown jog
  
- Week 2**
  - 10min warmup jog
  - 4 x 2min fast / 1min slow
  - 5min cooldown jog
  
- Week 3**
  - 12min warmup jog
  - 3 x 3min fast / 90sec slow
  - 10min cooldown jog
  
- Week 4**
  - 12min warmup jog
  - 10 x 1min fast / 1min slow
  - 8min cooldown jog
  
- Week 5**
  - 15min warmup jog
  - 5 x 2min fast / 1min slow
  - 10min cooldown jog
  
- Week 6**
  - 15min warmup jog
  - 5 x 3min fast / 90sec slow
  - 10min cooldown jog
  
- Week 7**
  - 12min warmup jog
  - 5 x 1min fast / 1min slow
  - 8min cooldown jog
  
- Week 8**
  - Race Week! No speed workout



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## TRAINING TIPS

**Warmup:** Dynamic movements such as leg swings, lunges, and marching high knees are a great way to get your heart rate elevated and loosen up before your walk/run. Save the deep, static-stretching for after!

**Time or Distance:** Most training days will be assigned by time (~20-45min) while Saturday is listed with a total mileage. This ensures the program fits the needs of everyone, regardless of pace.

**Cross Training:** As you progress through the program, you will notice days labeled “Cross Training.” These are intended to provide aerobic benefit from ANY activity that is not running or walking (ie: strength training, elliptical, spin class, etc.).

**Schedule:** You may rearrange days to fit your needs -- be sure to spread out cross training and rest days throughout the week while running slower on days you may feel more sore from speed workouts or long runs.

**Effort:** This plan is intended for more experienced runners. Running paces should be performed at a conversational pace on days assigned in minutes and faster on days assigned as speed workouts. It is important to incorporate faster and slower running into a well-rounded training plan.

**Injury/Illness:** If you experience any illness throughout the program, take caution and a few days off to allow your body time to recover before picking things back up. If at any point you have injury concerns, PLEASE seek medical attention.