



Advanced 5K Training Plan

12 Weeks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Base	Easy Run 5 miles easy pace	Cross Train or Rest	Track 10x400m target pace +5s	Cross Train or Rest	Tempo 5 miles incl. 2mi tempo	Cross Train or Rest	Long Run 8 miles easy pace
Week 2 Base	Easy Run 5 miles easy pace	Cross Train or Rest	Track 12x400m target pace +5s	Cross Train or Rest	Tempo 6 miles incl. 3mi tempo	Cross Train or Rest	Long Run 8.5 miles easy pace
Week 3 Base	Easy Run 6 miles easy pace	Cross Train or Rest	Track 6x800m target pace +8s/lap	Cross Train or Rest	Tempo 6 miles incl. 3mi tempo	Cross Train or Rest	Long Run 9 miles easy pace
Week 4 Build	Easy Run 6 miles easy pace	Cross Train or Rest	Track 5x1000m at target pace	Cross Train or Rest	Tempo 6 miles incl. 3.5mi tempo	Cross Train or Rest	Long Run 9.5 miles easy pace
Week 5 Build	Easy Run 6 miles easy pace	Cross Train or Rest	Track 4x1200m at target pace	Cross Train or Rest	Tempo 7 miles incl. 4mi tempo	Cross Train or Rest	Long Run 10 miles easy pace
Week 6 Build	Easy Run 6 miles easy pace	Cross Train or Rest	Track 3x1600m at target pace	Cross Train or Rest	Tempo 7 miles incl. 4mi tempo	Cross Train or Rest	Long Run 10 miles easy pace
Week 7 Speed	Easy Run 6 miles easy pace	Cross Train or Rest	Track 5x1000m target pace -2s/lap	Cross Train or Rest	Tempo 7 miles incl. 4mi at tempo	Cross Train or Rest	Long Run 10.5 miles easy pace

Week 8 Speed	Easy Run 6 miles easy pace	Cross Train or Rest	Track 4x1200m target pace -2s/lap	Cross Train or Rest	Tempo 7 miles incl. 2mi race pace	Cross Train or Rest	Long Run 11 miles easy pace
------------------------	--------------------------------------	-------------------------------	--	-------------------------------	--	-------------------------------	---------------------------------------

Week 9 Peak	Easy Run 6 miles easy pace	Cross Train or Rest	Track 3x1600m target pace -2s/lap	Cross Train or Rest	Tempo 7 miles incl. 3mi race pace	Cross Train or Rest	Long Run 11 miles easy pace
Week 10 Sharpening	Easy Run 5 miles easy pace	Cross Train or Rest	Track 10x400m at race pace	Cross Train or Rest	Tempo 6 miles incl. 2mi race pace	Cross Train or Rest	Long Run 8 miles easy pace
Week 11 Taper	Easy Run 4 miles easy pace	Cross Train or Rest	Track 6x400m race pace, stay sharp	Cross Train or Rest	Easy Run 3 miles easy, short strides	Cross Train or Rest	Long Run 5 miles easy — save energy
Week 12 Race Week	Easy Run 2 miles light activation	Rest Day	Easy Run 2 miles short strides at end	Rest Day	Rest Day	Rest Day	Race Day! Run your 5K! You've got this!

Target Pace Guide — Find your times below and run to them

Target 5K	400m reps	800m reps	1000m reps	1200m reps	1600m reps	Tempo pace	Easy pace
Sub 17:00	80-82s	2:44-2:48	3:24-3:28	4:06-4:10	5:30-5:36	3:50/km	4:35/km
Sub 18:00	84-87s	2:54-2:58	3:36-3:40	4:20-4:24	5:50-5:56	4:03/km	4:50/km
Sub 19:00	89-92s	3:04-3:08	3:50-3:54	4:36-4:40	6:10-6:16	4:16/km	5:05/km
Sub 20:00	94-97s	3:14-3:18	4:02-4:06	4:52-4:56	6:30-6:36	4:30/km	5:20/km
Sub 22:00	102-106s	3:32-3:36	4:25-4:30	5:20-5:25	7:10-7:16	4:58/km	5:50/km
Sub 25:00	116-120s	4:00-4:05	5:00-5:05	6:03-6:08	8:08-8:14	5:38/km	6:35/km

Easy Run	Track Session	Tempo Run	Long Run	All recovery jogs between reps = 90-120 seconds easy jog · Warm up 1 mile + cool down 1 mile on all track sessions · Target pace = your goal 5K race pace per km
-----------------	----------------------	------------------	-----------------	---