

## 5k Advance training plan – Approximately 20 mins

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest	25 mins tempo run	30 mins easy run	30 mins progression run	Rest	30 – 40 mins steady run	60 mins easy run
Week 2	Rest	30 mins interval: 12 x 400m (1 min recovery)	40 mins easy run	36 mins tempo run: 3 x 10mins (2 mins recovery)	Rest	45 mins steady run	65 mins easy run
Week 3	Rest	30 mins interval: 8 x 800m (75 secs recovery)	45 mins easy run	35 mins tempo run: 6 x 5 mins (1 min recovery)	Rest	10 mins hill run: 10 x 45 secs (jog down recovery)	65 mins easy run
Week 4	Rest	45 mins fartlek run including hard effort of 30 secs to 3mins	45 mins easy run	30 mins progression run	Rest	5k race pace run	70 mins steady run
Week 5	Rest	30 mins interval: 5 x 1k (90 sec recovery)	Rest	30 mins tempo run	Rest	15 mins hill run: 8 x 1 min (jog down to recover)	70 mins steady run
Week 6	Rest	30 mins interval: 5 x 1k (60 sec recovery)	Rest	30 mins progression run	Rest	45 mins Fartlek run	60 mins easy run
Week 7	Rest	30 mins interval: 8 x 800m (75 mins recovery)	Rest	40 mins progression run	Rest	45 mins fartlek run	45 mins easy run
Week 8	Rest	30 mins interval: 6 x 400m (60 mins recovery)	Rest	30 mins easy run	Rest	Rest	5km race

**Tempo Run** – A faster paced workout described as ‘comfortably hard’.

**Easy Run** – 50%-75% of your usual training pace.

**Cross Train** – An alternative cardio workout eg. Cycling or swimming

**Fast Run** – A faster paced run that can not be sustained for more than a few minutes.

**Progression Run** – A structured run increasing in pace throughout the session from beginning to end.

**Hill Run** – Fast paced short burst up a hill with a steady incline.

**Fartlek Run** – Longer run with periods of fast running intermixed with periods of slow running.