

Advanced 5K Training Programme

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m run	5 x 400	Rest or easy run	30 min tempo	Rest	4 m fast	60 min run
2	3 m run	8 x 200	Rest or easy run	30 min tempo	Rest	4 m fast	65 min run
3	3 m run	6 x 400	Rest or easy run	35 min tempo	Rest	5 mi fast	70 min run
4	3 m run	9 x 200	Rest or easy run	35 min tempo	Rest or easy run	Rest	5-K test
5	3 m run	7 x 400	Rest or easy run	40 min tempo	Rest	5 m fast	75 min run
6	3 m run	10 x 200	Rest or easy run	40 min tempo	Rest	6 m fast	85 min run
7	3 m run	8 x 400	Rest or easy run	45 min tempo	Rest	6 m fast	90 min run
8	2 m run	6 x 200	30 min tempo	Rest or easy run	Rest	Rest	5-K Race