



**RUN A  
DISTANCE  
TO MAKE A  
DIFFERENCE**



# 5K ADVANCED PROGRAM



This program is designed for someone who already runs consistently and is targeting a 5K PB. You should be comfortable with the 1st week of training prior to starting. 10 weeks long, min of 4 runs per week (optional 5th). You can be flexible regarding what days work best for your schedule to complete work-outs.

## RUNNING TERMINOLOGY



### EASY RUN

Run relaxed and at a comfortable effort level. You should be able to have a conversation without feeling out of breath.



### EFFORTS

Fast and slow paces. Alternating between easy efforts and fast efforts within a continuous run.



### TEMPO

A working pace that is comfortably uncomfortable. You can answer simple questions but not have a full conversation.



### HILLS

A hard effort, but on a hill. The easy jog down is your recovery time.



### LONG RUN

Long runs will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation.

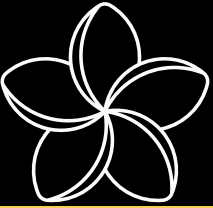


### X-TRAIN & STRENGTH

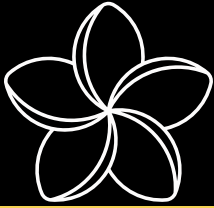
Cycling, swimming, strength sessions at home or in a gym, pilates, etc. Stay strong for running and enjoy the variety.

## 5K PROGRAM - ADVANCED

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
10	5K easy run	Strength	5K run including: 2K @ tempo	5K easy run	Rest	7K long run	25min run OR x-train
9	5K easy run	Strength	6K run including: 6x1min efforts (1min jog)	5K easy run	Rest	8.5K long run	25min run OR x-train
8	6K easy run	Strength	6K run including: 3K @ tempo	5K easy run	Rest	10K long run	30min run OR x-train
7	5K easy run	Strength	6.5K run including: 6x90sec efforts (1min jog)	5K easy run	Rest	7K long run work-out with 3.5K @ tempo	Rest OR x-train
6	6.5K easy run	Strength	7K run including: 2x2K @ tempo (1k easy jog)	6K easy run	Rest	10K long run	30min run OR x-train
5	7K easy run	Strength	8K run including: 4K @ tempo	6K easy run	Rest	11K long run	30min run OR x-train
4	6K easy run	Strength	7K run including: 6x2min efforts (1min jog)	6K easy run	Rest	9K long run work-out with 5K @ tempo OR parkrun	Rest OR x-train
3	8K easy run	Strength	8.5K run including: 4x1K @ 5K race pace (500m jog)	6K easy run	Rest	12K long run	35min run OR x-train
2	6.5K easy run	Strength	8K run including: 5K @ tempo	5K easy run	Rest	8K long run	Rest
1	5K run with 5x1min efforts (1min jog)	Rest	5K easy run	25min easy run	Rest	Rest	<b>Run2Cure</b>



# EXAMPLE



Here's an example of how to manage your weekly sessions.

## - WEEK 6 -

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
6	6.5K easy run	Strength	7K run including: 2x2K @ tempo (1K easy jog)	6K easy run	Rest	10K long run	30min run OR x-train

Warm-Up - Prior to any session, aim to be warmed up with walking and dynamic stretching.

Monday - Enjoy your easy runs. Find a running buddy to help keep you accountable. You should be able to hold a conversation while running.

Wednesday - Always include a solid 10-15 minutes of easy running prior to any interval work. Once your intervals are complete, run easy to complete the total distance.

i.e. Run 2K at warm-up effort, then run a 2K tempo, followed by a 1K easy jog, then finishing with another 2K tempo effort, totaling 7K of running.

