



8 Week 5k Training Program - Advanced

Training Days:		5		Goal:	PR		Sport:	Running
Level:		Advanced		Intensity:	Hard		Designer:	Scott Welle
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Phase
1	30' Clearance Run	2 Miles Easy + 8 x strides	20' Clearance Run	2 Mile Foundation Run	Active Recovery	2.5 Mile Foundation Run	Rest	Base
2	30' Clearance Run	2 Miles Easy + 8 x strides	20' Clearance Run	2.5 Mile Foundation Run	Active Recovery	2.5 Mile Foundation Run	Rest	Base
3	30' Clearance Run	2 Miles Easy + 10 x strides	20' Clearance Run	2.5 Mile Foundation Run (hilly)	Active Recovery	3 Mile Foundation Run	Rest	Build
4	30' Clearance Run	3 x 800 w 2' RI	20' Clearance Run	2.5 Mile Foundation Run (hilly)	Active Recovery	3 Mile Foundation Run	Rest	Build
5	30' Clearance Run	4 x 800 w 2' RI	20' Clearance Run	3 Mile Foundation Run (hilly)	Active Recovery	4 Mile Foundation Run	Rest	Build
6	30' Clearance Run	8 x 400 w 1:30 RI	20' Clearance Run	3 Mile Foundation Run (hilly)	Active Recovery	4 Mile Foundation Run	Rest	Peak
7	30' Clearance Run	6 x 400 w 1:30 RI	20' Clearance Run	30' Clearance Run + 4 strides	Active Recovery	2.5 Mile Foundation Run	Rest	Taper
8	30' Clearance Run	2 Miles Easy + 8 x strides	20' Clearance Run	25' Clearance Run + 4 strides	Active Recovery	RACE DAY	Rest	Race

Notes:

- Start by doing an 800m time trial and plug the number into the Metabolics calculator at <http://runM5.com/metabolics> to determine Foundation, Progression and Interval Run pacing
- RI = Recovery Interval (jogging, not walking). 2' = 2 minutes.
- Strides are always done after the completion of a run
- Active Recovery can be anything non-impact and not taxing on the legs
- Foundation runs should be done mostly on flats...unless you are training for an extremely hilly race