

5K TRAINING –A Comprehensive Wellness Unit

	MONDAY	Zone 3 - 4 TUESDAY	Zone 2 WEDNESDAY	Zone 2 THURSDAY	Zone 3 FRIDAY	Zone 2 SATURDAY	Zone 2 SUNDAY
SEPTEMBER	19 REST	20 POWER/SPEED	21 X TRAIN	22 EASY RUN	23 INTERVALS	24 X TRAIN	25 LONG RUN
WEEK 1	WU MS CD ACTUAL: HR:	WU - 1 lap MS - 5 Hills/RI-15s 4 x 100m/RI 15 s CD - 3 laps ACTUAL: HR:	WU - 5 mins MS - 30 mins CD - 5 mins ACTUAL: HR:	WU MS CD ACTUAL: HR:	WU - 5 mins MS - 4 x 5 mins/ RI 1 min CD 5 min ACTUAL: HR:	WU - 5 mins MS - 30 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 1.25 miles or 12 mins CD - 5 mins ACTUAL: HR:
WEEK 2	26 REST	27 POWER/SPEED	28 X TRAIN	29 EASY RUN	30 INTERVALS	1 X TRAIN	2 LONG RUN
	WU MS CD ACTUAL: HR:	WU - 1 lap MS- 7 Hills/RI 15 s 5x100m/RI 15 s CD - 4 laps ACTUAL: HR:	WU - 5 mins MS - 30 mins CD - 5 mins ACTUAL: HR:	WU MS CD ACTUAL: HR:	WU - 5 mins MS- 5 x 5 mins/ RI 1 min CD 5 min ACTUAL: HR:	WU - 5 mins MS - 30 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 1.5 miles or 15 mins CD - 5 mins ACTUAL: HR:
OCTOBER	3 REST	4 POWER/SPEED	5 X TRAIN	6 EASY RUN	7 INTERVALS	8 X TRAIN	9 LONG RUN
WEEK 3	WU MS CD ACTUAL: HR:	WU - 1 lap MS- 10 Hills/RI 15s 6 x100/RI 15 s CD - 5 laps ACTUAL: HR:	WU - 5 mins MS - 30 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 17 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS 4x6mins/ RI 1 min CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 30 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 1.75 miles or 17 mins CD - 5 mins ACTUAL: HR:
WEEK 4	10 REST	11 POWER/SPEED	12 X TRAIN	13 EASY RUN	14 INTERVALS	15 X TRAIN	16 LONG RUN
	WU MS CD ACTUAL: HR:	WU 1 lap MS -10 Hills/RI 15s 6 x 100/RI 15 s CD - 6 laps ACTUAL: HR:	WU - 5 mins MS - 35 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 20 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS 5 x 6 mins/ RI 1 min CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 35 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 2.0 miles or 20 mins CD - 5 mins ACTUAL: HR:
WEEK 5	17 REST	18 POWER/SPEED	19 X TRAIN	20 EASY RUN	21 INTERVALS	22 X TRAIN	23 LONG RUN
	WU MS CD ACTUAL: HR:	WU - 1 lap MS -10 Hills/RI 15s 7 x 100/RI 15s CD - 6 laps ACTUAL: HR:	WU - 5 mins MS - 35 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 22 mins CD - 5 mins ACTUAL: HR:	WU 5 mins MS 6x6 mins/ RI 1 min CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 35 mins CD - 5 mins ACTUAL: HR:	WU - 5 mins MS - 2.25 miles or 22 mins CD - 5 mins ACTUAL: HR:
WEEK 6	24 REST	25 POWER/SPEED	26 X TRAIN	27 EASY RUN	28 INTERVALS	29 X TRAIN	30 LONG RUN
	WU MS CD	WU - 1 lap MS - 8 x 100's/ RI 15 s CD - 7 laps	WU - 5 mins MS - 40 mins CD - 5 mins	WU - 5 mins MS - 25 mins CD - 5 mins	WU 5 mins MS 3 x 7 mins/ RI 1 min CD - 5 mins	WU - 5 mins MS - 40 mins CD - 5 mins	WU - 5 mins MS - 2.5 miles or 25 mins CD - 5 mins

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	ACTUAL: HR:	ACTUAL: HR:	ACTUAL: HR:	ACTUAL: HR:	ACTUAL: HR:	ACTUAL: HR:	ACTUAL: HR:
NOVEMBER	31 REST	1 POWER/SPEED	2 X TRAIN	3 EASY RUN	4 INTERVALS	5 X TRAIN	6 LONG RUN
WEEK 7	WU MS	WU -1 lap MS 9x100/RI 15s	WU - 5 mins MS - 40 mins	WU - 5 mins MS - 27 mins	WU 5 mins MS 4 x 7 mins/ RI 1 min	WU - 5 mins MS - 40 mins	WU - 5 mins MS - 2.75 miles or 27 mins
	CD ACTUAL: HR:	CD - 8 laps ACTUAL: HR:	CD - 5 mins ACTUAL: HR:	CD - 5 mins ACTUAL: HR:	CD - 5 mins ACTUAL: HR:	CD - 5 mins ACTUAL: HR:	CD - 5 mins ACTUAL: HR:
WEEK 8	7 REST	8 POWER/SPEED	9 X TRAIN	10 EASY RUN	11 INTERVALS	12 X TRAIN	13 LONG RUN
	WU MS	WU - 1 lap MS - 10 x 100/ RI 15s	WU - 5 mins MS - 30 mins	WU - 5 mins MS - 30 mins	WU - 5 mins MS - 2 x 10 mins RI 1 min	WU - 5 mins MS - 30 mins	WU - 5 mins MS - 3 miles or 30 mins
	CD ACTUAL: HR:	CD - 10 laps ACTUAL: HR:	CD - 5 mins ACTUAL: HR:	CD - 5 mins ACTUAL: HR:	CD - 5 mins ACTUAL: HR:	CD - 5 mins ACTUAL: HR:	CD - 5 Mins ACTUAL: HR:
RACE WEEK	14 REST	15 X BLOCK 5K	16	17	18	19	20
	WU MS	WU MS	WU MS	WU MS	WU MS	WU MS	WU MS
	CD ACTUAL: HR:	CD ACTUAL: HR:	CD ACTUAL: HR:	CD ACTUAL: HR:	CD ACTUAL: HR:	CD ACTUAL: HR:	CD ACTUAL: HR:

WU = Warm Up
MS = Main Set
CD = Cool Down
RI = Rest Interval

ACTUAL= LOG
HR = Avg HR

Frailoi, M; (2011). The Advanced 5K Training Plan. Adapted from http://running.competitor.com/2011/06/training/the-10-week-advanced-5k-training-plan_31348. September 17, 2011