

5K - 10 Week Training Plan - Advanced

This is a Advanced 10 week training plan for a 5k. If you are of a lower fitness level please use the Intermediate training plan.
This plan is suitable for people who want to compete in a 5K and improve greatly on previous 5K times and try improve their PB (**Personal Best**).

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 KM Run X2 1 Min Breaks	1.5KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3KM Run + 2KM Jog/Walk	Rest	2KM X2 (Fast) + 2Km X2 (Jogged)	Rest And 30 - 60 Minute Walk
2	2 KM Run X2 1 Min Breaks	1.5KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3KM Run + 2KM Jog/Walk	Rest	2KM X2 (Fast) + 2Km X2 (Jogged)	Rest And 30 - 60 Minute Walk
3	2 KM Run X2 1 Min Breaks	1.5KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3KM Run + 2KM Jog/Walk	Rest	2KM X2 (Fast) + 2Km X2 (Jogged)	Rest And 30 - 60 Minute Walk
4	2 KM Run X2 1 Min Breaks	1.5KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3KM Run + 2KM Jog/Walk	Rest	2KM X2 (Fast) + 2Km X2 (Jogged)	Rest And 30 - 60 Minute Walk
5	2 KM Run X2 1 Min Breaks	1.5KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3KM Run + 2KM Jog/Walk	Rest	Rest	Rest And 30 - 60 Minute Walk
6	2 KM Run X4 1:30 Min Breaks	2KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3 KM Run X2 (4 Min Breaks)	Rest	2.5KM X2 (Fast) + 2.5Km X2 (Jogged)	Rest And 30 - 60 Minute Walk
7	2 KM Run X4 1:30 Min Breaks	2KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3 KM Run X2 (4 Min Breaks)	Rest	2.5KM X2 (Fast) + 2.5Km X2 (Jogged)	Rest And 30 - 60 Minute Walk
8	2 KM Run X4 1:30 Min Breaks	2KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3 KM Run X2 (4 Min Breaks)	Rest	2.5KM X2 (Fast) + 2.5Km X2 (Jogged)	Rest And 30 - 60 Minute Walk
9	2 KM Run X4 1:30 Min Breaks	2KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3 KM Run X2 (4 Min Breaks)	Rest	2.5KM X2 (Fast) + 2.5Km X2 (Jogged)	Rest And 30 - 60 Minute Walk
10	2 KM Run X4 1:30 Min Breaks	2KM Run X5 1 Min Breaks	Rest Plus Stretch Day	3 KM Run X2 (4 Min Breaks)	Rest Plus Stretches	Rest	5K Race Good Luck!

For More Plans & Resources Visit: www.athleticscoaching.weebly.com

Adjust the plan according to your level.

For days that say stretching visit the website for suitable stretches.

Any questions ask the athletics team through our contact us page.



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