

Intermediate & Advanced 5K Training Schedule

The schedules below are only a guide. If you want to do your long runs on Saturday rather than Sunday, simply flip-flop the days. It's less important what you do in any one workout than what you do over the full eight weeks leading up to your 5K.

Intermediate Training Schedule for 5K

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8	Rest	3 m run	5 x 400	3 m run	Rest	3 m run	5 m run
7	Rest	3 m run	30 min tempo	3 m run	Rest	3 m run	5 m run
6	Rest	3 m run	6 x 400	3 m run	Rest	4 m run	6 m run
5	Rest	3 m run	35 min tempo	3 m run	Rest	Rest	5K Test
4	Rest	3 m run	7 x 400	3 m run	Rest	4 m run	6 m run
3	Rest	3 m run	40 min tempo	3 m run	Rest	5 m run	7 m run
2	Rest	3 m run	8 x 400	3 m run	Rest	5 m run	7 m run
1	Rest	2 m run	30 min tempo	2 m run	Rest	Rest	5K Race

Advanced Training Schedule for 5K

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

The most important day in any program is rest. Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually your muscles will build in strength as you rest. Without recovery days, you will not improve.