## **5k training: Advanced**

**Week 1**

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| --- | --- |
| **Monday** | 5 kilometre run |
| **Tuesday** | 5 x 400 metre @ mile pace |
| **Wednesday** | **Rest or easy run** |
| **Thursday** | 30 min tempo |
| **Friday** | **Rest** |
| **Saturday** | 6 ½ kilometre fast run |
| **Sunday** | 60 min run |

**Week 2**

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| --- | --- |
| **Monday** | 5 kilometre run |
| **Tuesday** | 8 x 200 metre @ 800 pace |
| **Wednesday** | **Rest or easy run** |
| **Thursday** | 30 min tempo |
| **Friday** | **Rest** |
| **Saturday** | 6 ½ kilometre fast run |
| **Sunday** | 65 min run |

**Week 3**

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| **Monday** | 5 kilometre run |
| **Tuesday** | 6 x 400 metre @mile pace |
| **Wednesday** | **Rest or easy run** |
| **Thursday** | 35 min tempo |
| **Friday** | **Rest** |
| **Saturday** | 8 kilometre fast |
| **Sunday** | 70 min run |

**Week 4**

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| **Monday** | 5 kilometre run |
| **Tuesday** | 9 x 200 meter @ 800 pace |
| **Wednesday** | **Rest or easy run** |
| **Thursday** | 35 tempo run |
| **Friday** | **Rest** |
| **Saturday** | One day rest, one day 5k test ( you pick the day for 5k/rest) |
| **Sunday** |

**Week 5**

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| **Monday** | 5 kilometre run |
| **Tuesday** | 7 x400 metre @ mile pace |
| **Wednesday** | **Rest or easy run** |
| **Thursday** | 40 min tempo |
| **Friday** | **Rest** |
| **Saturday** | 8 kilometre fast run |
| **Sunday** | 80 min run |

**Week 6**

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| **Monday** | 5 kilometre run |
| **Tuesday** | 10 x 200 metre @ 800 pace |
| **Wednesday** | **Rest or easy run** |
| **Thursday** | 40 min tempo |
| **Friday** | **Rest** |
| **Saturday** | 9 ½ kilometre fast run |
| **Sunday** | 85 min run |

**Week 7**

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| **Monday** | 5 kilometre run |
| **Tuesday** | 8 x 400 metre @ mile pace |
| **Wednesday** | **Rest or easy run** |
| **Thursday** | 45 min tempo |
| **Friday** | **Rest** |
| **Saturday** | 9 ½ kilometre fast run |
| **Sunday** | 90 min run |

**Week 8**

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| **Monday** | 3 kilometre run |
| **Tuesday** | 6 x 200 metre @ 800 pace |
| **Wednesday** | **Rest or easy run** |
| **Thursday** | **Rest or easy run** |
| **Friday** | **Rest** |
| **Saturday** | One day rest one day 5k race ( you pick day for race/rest) |
| **Sunday** |

Note:

* Important to stretch and cool down everyday