

YOUR GOAL: 5 K RUN (ADVANCED LEVEL) | 6 WEEK TRAINING SCHEDULE

(solid level of running experience (1-2x / week) is recommended)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	DAY OFF	36 MINUTES 3x 10 min (easy) with 2 min walk	DAY OFF	39 MINUTES 1x 15 min (easy) 1x 5 min (quick) 1x 10 min (moderate) 1x 5 min (quick) with 1 min walk each	30 MINUTES cross training 20 min core workout (use your body weight) 10 min mobility	30 MINUTES 1x 30 min (easy) + 5 strides (50 - 80 m, walk back)	DAY OFF
2	DAY OFF	38 MINUTES 1x 20 min (easy) 1x 10 min (moderate+) 1x 5 min (quick) with 1 min walk each	DAY OFF	37 MINUTES 1x 15 min (easy) 6x 1 min (fast) 1 min (walk) 1x 10 min (easy)	DAY OFF	55 MINUTES 2x 20 min (easy) with 15 min active break: (mobility & running drills)	20 MINUTES active recovery (mobility / yoga)
3	43 MINUTES 1x 10 min (easy) 4x 5 min (quick) 2 min (moderate) 1x 5 min (easy)	DAY OFF	30 MINUTES cross training 20 min core workout (use your body weight) 10 min mobility	DAY OFF	33 MINUTES 1x 10 min (easy) 1x 10 min (moderate) 1x 10 min (moderate+) with 1 min walk each	40 MINUTES 1x 40 min (easy) + 5 strides (50 - 80 m, walk back)	DAY OFF
4	20 MINUTES active recovery (mobility / yoga)	50 MINUTES 1x 15 min (easy) 1x 5 min (quick) 1x 5 min (moderate) 1x 10 min (quick) 1x 10 min (easy)	DAY OFF	40 MINUTES 1x 30 min (easy) + 10 min running drills	DAY OFF	36 MINUTES 1x 10 min (easy) 8x 1 min (fast) 1 min (walk) 1x 5 min (easy)	30 MINUTES cross training 20 min core workout (use your body weight) 10 min mobility
5	45 MINUTES 1x 45 min (easy) + 5 strides (50 - 80 m, walk back)	DAY OFF	50 MINUTES 1x 10 min (easy) 5x 5 min (quick) 2 min (easy) 1x 5 min (easy)	DAY OFF	20 MINUTES active recovery (mobility / yoga)	35 MINUTES 1x 10 min (easy) 1x 10 min (moderate) 1x 10 min (quick) 1x 5 min (easy)	DAY OFF
6	22 MINUTES 1x 20 min (easy) + 5 strides (50 - 80 m, walk back)	20 MINUTES active recovery (mobility / yoga)	BUSINESS RUN Enjoy your 5 k run! You worked with dedication towards your goal. Therefore, toe the line proudly and celebrate your success with your team mates.		DAY OFF	30 MINUTES cross training 20 min core workout (use your body weight) 10 min mobility	DAY OFF