



**8 - W E E K**

# ADVANCED 5K TRAINING PLAN

This plan is geared for an experienced runner and racer who regularly runs at least five days a week, an average of 25 miles per week, with long runs of at least eight miles. Unless otherwise noted, all runs should be done at an easy pace.

Each week, you'll have four short weekday runs and a longer run on the weekend. You'll have two days reserved for rest.

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# ADVANCED 5K TRAINING PLAN



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	3 miles Easy Run	6 miles Hills	3 miles Easy Run	6 miles Fartlek	Rest	8 miles Long Run	Rest
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	4 miles Easy Run	6 miles Hills	4 miles Easy Run	4.25 miles Track	Rest	9 miles Long Run	Rest
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	4 miles Easy Run	6 miles Hills	4 miles Easy Run	5 miles Track	Rest	8 miles Long Run	Rest
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	4 miles Easy Run	7 miles Mile Repeats	4 miles Easy Run	5.5 miles Track	Rest	10 miles Long Run	Rest
WEEK 5	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	3 miles Easy Run	7 miles Hills	4 miles Easy Run	6 miles Track	Rest	8 miles Long Run	Rest
WEEK 6	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
	5 miles Easy Run	7.5 miles Mile Repeats	5 miles Easy Run	5.5 miles Track	Rest	10 miles Long Run	Rest
WEEK 7	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
	3 miles Easy Run	7 miles Hills	4 miles Easy Run	5 miles Track	Rest	8 miles Long Run	Rest
WEEK 8	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
	3 miles Easy Run	5.75 miles Track	Rest	4 miles Easy Run	Rest	Rest	RACE DAY!

## THE WORKOUTS

### ► Easy Run

These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs.

### ► Hills

Run the day's mileage on the hilliest route you can find. Don't worry too much about the length or grade of the hills. Just get a variety of inclines and descents. Hills help you boost your leg and lung power. Pay attention to the suggested effort for each hill day on the plan. Lean slightly forward from the ankles and keep your chest tall on the uphills. On the downhills, think "light, quick steps." Don't let your feet slap the pavement, and don't brake with your legs.

### ► Fartlek

Warm up with 1 mile of easy running. Then alternate between 1 minute of running at a pace that feels like your 5K pace, and recovering with 1 minute of easy running. Repeat this cycle as many times as you need to cover the course of the designated miles. Your goal: Fully recover after the 1-minute bout of hard running before you start the next hard effort. At the end, you should feel invigorated, not demolished. Cool down with 1 mile of easy running.

### ► Rest

Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

### ► Long Run

These workouts are all about building endurance and teaching you to run farther so you can finish your race feeling strong. Whenever you're pushing your body farther, it's extra important that you start at a pace that feels conservative. That way, you have the energy to finish feeling good. Run at a pace you can have a conversation, and start slower than you think you need to.

### ► Track

These are your speediest speed workouts. They're designed to get you faster via interval training. Each week will look slightly different, changing in pace/intensity or distance/duration. Follow the workout prescriptions to gain the most benefits, knowing some days you won't hit the paces perfectly.

### ► Mile Repeats

Mile repeats round out your speed workouts on the plan. You'll run three reps of them at 10K pace, which is about 20 to 30 seconds per mile slower than race pace. These will help you develop endurance and the ability to hold a faster pace over a longer distance.

WEEK 1

WEEK 2

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WEEK 8

## Day 1: 3 miles Easy Run

Welcome to week 1 of the Runner's World 5K Training Plan for advanced runners. You kick off your plan today with 3 conversationally-paced miles.

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## Day 2: 6 miles Hills

Run 6 miles on the hilliest course you can find. Throughout, maintain the same effort you run on level ground.

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## Day 3: 3 miles Easy Run

Today, run 3 miles at an easy pace. Focus on blending your training into the rhythm of your daily life.

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## Day 4: 6 miles Fartlek

- 1-mile warmup
- 4 miles fartlek (alternating between 1 minute race pace/1 minute easy)
- 1-mile cooldown

This is a nice way to introduce higher intensity running before you start formal track work next week.

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## Day 5: Rest

Give your body a chance to recover from the miles you've logged, and get energized for tomorrow's long run.

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## Day 6: 8 miles Long Run

Weekends are reserved for your longer runs. And today you'll tackle 8 miles at an easy, conversational pace.

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## Day 7: Rest

When rest follows difficult bouts of work, it lets your body adapt to the work and improve. A day off restocks glycogen stores, builds strength, and reduces fatigue. Without recovery, adaptation may occur short-term, but ultimately it will fail.

WEEK 1

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WEEK 8

## Day 8: 4 miles Easy Run

Welcome to week 2 of training. This week you'll step up your effort with longer and more intense workouts. These workouts will boost your aerobic endurance and muscle strength and get your mind and body race ready. Today is 4 easy miles.

## Day 9: 6 miles Hills

Today you'll run 6 miles on the hilliest route you can find. If you feel up it, you might try challenging yourself by surging on the hills, picking up the pace a bit as you run up the incline. Don't push so hard that you can't maintain some strong momentum over the top and keep quick, light turnover on the way down. When you return to level ground, you should be able to resume your easy pace without struggling.

## Day 10: 4 miles Easy Run

Another 4 easy miles this week. You'll draw confidence from watching the miles pile up; the next day's workout won't seem so daunting when you see how far you've already come

## Day 11: 4.25 miles Track

Hit the track for some speedwork. You'll cover 4.25 miles total.

The workout includes:

- 1-mile warmup
- 5 x 400 meters at 5K pace with 400-meter recovery
- 1-mile cooldown

Run 1 mile easy to warmup. Then run 400 meters (or 0.25 miles), or 1 lap around the track at your goal race pace. Recover with 1 lap (0.25 miles) of easy running. Repeat the process 4 more times. Recover with 1 mile of easy running.

► Not sure of your 5K pace? [Check out our guide to figuring out race paces for training](#). It should feel like an 8 or 9 out of 10, with 10 being all-out effort.

## Day 12: Rest

Take a day off. If you feel any lingering aches and pains, always know it's okay to take an extra rest day, too.

## Day 13: 9 miles Long Run

Run 9 miles today at your easy pace. Any time you're running for more than 60 minutes, be sure to refuel at regular intervals while you're on the road with carbs, so that you keep your energy levels even. Aim for 30 to 60 grams of carbs per hour that you're on the road.

## Day 14: Rest

Rest to recover from this week's workouts.

WEEK 1

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WEEK 8

## Day 15: 4 miles Easy Run

This week will follow the same pattern as last week, and your mileage will stay pretty steady. Run 4 miles easy today.

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## Day 16: 6 miles Hills

Run 6 miles on the hilliest route you can find. Just like last week, if you feel up for it, you might try challenging yourself by surging on the hills. Don't push so hard that you can't maintain some strong momentum over the top and keep quick, light turnover on the way down. When you return to level ground, you should be able to resume your easy pace without struggling.

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## Day 17: 4 miles Easy Run

Run 4 miles easy today.

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## Day 18: 5 miles Track

Today you'll hit the track for some speedwork. You'll cover 5 miles total for the day.

The workout includes:

- 1-mile warmup
- 8 x 400 meters at 5K pace with 200-meter recovery
- 1-mile cooldown

Run 1 mile easy to warm up. Then run 400 meters (0.25 miles), or 1 lap around the track at your goal race pace. Recover with 200 meters of easy running (200 meters is half a lap, or 0.12 miles). Repeat the process 7 more times. Recover with 1 mile of easy running.

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## Day 19: Rest

Enjoy your day off!

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## Day 20: 8 miles Long Run

Run 8 miles at your easy pace today.

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## Day 21: Rest

If you're integrating cross-training into your routine, it's best to do any given activity—cycling, swimming, elliptical or rowing machine—for the same amount of time that you'd spend running at the same level of effort. So if you'd normally run for 30 minutes at an easy effort, substitute 30 minutes on the elliptical at an easy effort.

► For more on cross-training activities, [check out our guide to options](#), plus [how to fit it into your schedule](#).

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**Day 22:** 4 miles Easy Run

This week we add in a little more speedwork and long-run mileage. Today, run 4 miles easy.

**Day 23:** Mile Repeats 7 miles

Today you'll do a workout that helps build your speed endurance, or your ability to hold a faster pace over a longer distance.

The workout includes:

- 2-mile warmup
- 3 x 1 mile at 10K pace with 800-meter recovery
- 1-mile cooldown

Warm up with 2 miles of easy running. Then ramp up to your 10K pace and hold it for 1 mile. Recover by running easy for 800 meters (0.5 miles) or 2 laps around the track. Repeat that cycle 2 more times. Cool down with 1 mile of easy running. If you don't want to hit the track twice in one week, you can do this workout on a treadmill or any flat stretch of road where you can measure the distance.

**Day 24:** 4 miles Easy Run

Run easy today to recover from yesterday's workout.

**Day 25:** 5.5 miles Track

Today you'll head back to the track for half-mile repeats at your race pace. Given your hard workout just a few days ago, don't be surprised if you feel more fatigued than you have in previous sessions.

- 1-mile warmup
- 5 x 800 meters at 5K pace with 400-meter recovery
- 1-mile cooldown

Run 1 mile easy to warmup. Then run 800 meters (0.5 miles), or 2 laps around the track at your goal race pace. Recover with 1 lap of easy running (400 meters or 0.25 miles). Repeat the process 4 more times. Recover with 1 mile of easy running.

**Day 26:** Rest

Enjoy your day of rest and recovery!

**Day 27:** 10 miles Long Run

Today's long run is 10 miles easy. To get into the zone, focus on moving, not thinking. Draw your attention to the feel of your footfalls, the swing of your arms, the rhythm of your breathing. By focusing on your body, you reduce mental chatter and anxieties. It's easier to find flow on a route where you feel comfortable and you don't have to think about negotiating difficult terrain or finding your way.

**Day 28:** Rest

Don't underestimate the effects that stress from work, deadlines, chores, bills, kids, and lack of sleep can have on your runs. All those factors can impact how much energy you bring to your training.

WEEK 1

WEEK 2

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WEEK 8

## Day 29: 3 miles Easy Run

After the intense efforts of the previous weeks, you'll ease off the throttle a bit this week, with just one speed session. Run 3 miles easy today.

## Day 30: 7 miles Hills

Today, run 7 miles on the hilliest route you can find. Just like the past weeks, you can try challenging yourself by surging on the hills.

## Day 31: 4 miles Easy Run

Run 4 miles easy today. Go into every workout with the goal of finishing strong. When you finish feeling good, you're more likely to feel excited about the next day's workout.

## Day 32: 6 miles Track

Today you'll head back to the track for another workout designed to build up your speed endurance, and help you get accustomed to holding your race pace over a longer distance.

It includes:

- 1-mile warmup
- 3 x 1200 meters at 5K pace with 600-meter recovery
- 2-mile cooldown

Run 1 mile easy to warm up. Then run 1200 meters (0.75 miles) or 3 laps around the track at your goal race pace. Recover by running easy for 600 meters (0.37 miles) or 1.5 laps around the track. Repeat that cycle 2 more times.

## Day 33: Rest

Rest today to recover from yesterday's track workout and prepare for tomorrow's long run.

## Day 34: 8 miles Long Run

Today's long run is 8 miles. When you start to feel tired in the middle of a workout, scan your body for areas where you're holding tension. Unknit your brow, unclench your jaw, pull your shoulders down and away from your ears, and keep your hands relaxed. Keep your eyes on the horizon. If you're still struggling, slow down.

## Day 35: Rest

Rest today to prepare for next week's quality workouts.

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## Day 36: 5 miles Easy Run

This week, you'll have another intense bout of work, with two speed sessions and more mileage on the long run. Today, run 5 miles easy.

## Day 37: Mile Repeats 7.5 miles

This week you'll try mile repeats again. If you want to skip the track, you can do this workout on a treadmill or any flat, traffic-free stretch of road where the distance is measured.

- 2-mile warmup
- 3 x 1 mile at 10K pace with 800 meter recovery
- 1-mile cooldown

Run 2 miles easy to warmup. Then run 1 mile at 10K pace. Recover by running easy for 800 meters (0.5 miles), or 2 laps around the track. Repeat this cycle 2 more times. Cool down with 1 mile of easy running.

## Day 38: 5 miles Easy Run

Run 5 miles today at your easy pace. These runs should feel comfortable and relaxing enough to hold a conversation. It's tempting to push the pace, but these runs are designed to help you maintain your aerobic fitness without the increased risk of injury that goes along with more intense workouts.

## Day 39: 5.5 miles Track

Head back to the track for half-mile repeats at race pace.

The workout includes:

- 1-mile warmup
- 5 x 800 meters at 5K pace with 400-meter recovery
- 1-mile cooldown

Warm up with 1 mile of easy running, then ramp up to race pace and hold it for 800 meters (2 laps around the track, or 0.5 miles). Recover by running easy for 400 meters (0.25 miles). Repeat this cycle 4 more times. To cool down, run easy for 1 mile.

## Day 40: Rest

Enjoy the day off!

## Day 41: 10 miles Long Run

Today's long run is 10 miles again. Treat your long runs this week and next week as race-day rehearsals. Experiment with different foods before your long training runs so you know what works for your system and what doesn't. There's no need to carb load, but plan to eat a 200- to 300-calorie meal, made of mostly carbs, 1 to 2 hours before the race.

► [For more info on how to fuel for a 5K, check out our guide.](#)

## Day 42: Rest or Cross-Train

Check in with how your body feels to determine if you should rest or cross train today.

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**Day 43:** 3 miles Easy Run

Welcome to week 7 of training. This week you'll head back to the hills. Today, do an easy short run of 3 miles.

**Day 44:** 7 miles Hills

Today you'll run 7 miles on the hilliest route you can find. Just like in previous weeks, if you feel up for it, you might try challenging yourself by surging on the hills.

**Day 45:** 4 miles Easy

Keep the effort conversational today. You may even want to ditch the watch to forget about pace and focus, instead, on the easy effort.

**Day 46:** 5 miles Track

Today is one of your last track workouts. You'll practice your race pace for short, quarter-mile repeats. This may feel easy in comparison to the longer race-pace workouts of previous weeks. You'll cover 5 miles total for the day.

- 1-mile warmup
- 8 x 400 meters at 5K pace with 200-meter recovery
- 1-mile cooldown

Run 1 mile easy to warm up. Then run 400 meters (0.25 miles), or 1 lap around the track, at your goal race pace. Recover with easy running for 200 meters (0.12 miles) or a half lap around the track. Repeat this cycle 7 more times. Then cool down with 1 mile of easy running.

**Day 47:** Rest

Rest today to recover from yesterday's speed workout and save your energy for tomorrow's long run.

**Day 48:** 8 miles Long Run

Today is your final long run before the race. You may want to treat it as a race-day rehearsal. Try to do the run at the same time as your race start, as the timing will affect your prerace fueling, hydration, and bathroom schedule. Test out the gear, clothing, and shoes you plan to use in the race to make sure they all work well for you. If you can, run on the race course. If you can't, check out the elevation map and try to mimic the uphills and downhills. The time you take for race-day prep now will reduce your stress in the days before your goal event.

**Day 49:** Rest

Take today to recover from your long run.

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## Day 50: 3 miles Easy Run

Welcome to race week! You made it! Do the runs that are scheduled this week and resist the urge to cram in extra mileage or speed: It can only hurt your performance on race day and increase your chances of getting hurt. Rest as much as possible, and get your gear and fuel plans set for the weekend.

This week you'll have just two short workouts and a speed workout. Spend the rest of the time resting for the race. Today, run 3 miles at your easy pace.

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## Day 51: 5.75 miles Track

Today you'll have your last session at the track. You'll cover 5.75 miles total.

- 2-mile warmup
- 4 x 400 meters at 5K pace with 400-meter recovery
- 2-mile cooldown

Run 2 miles easy to warm up. Then run 400 meters (0.25 miles), or 1 lap around the track, at goal race pace. Recover with 400 meters (0.25 miles) of easy running. Repeat that cycle 3 more times. Then cool down with 2 miles of easy running.

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## Day 52: Rest

Take some time to reflect on your motivation for training and the goals you hope to reach on race day. In order to set yourself up for success, it's a good idea to have a few different goals, including some you feel 100 percent confident you can accomplish, like finishing the race feeling good.

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## Day 53: 4 miles Easy Run

Run 4 miles today at your easy, comfortable, conversational pace. If you're feeling nervous about the race, take some time to review your training log. Count up all the miles you've logged preparing for your goal event. Draw confidence from all the distance you've covered, and all the occasions when you pushed your body farther and faster than it's gone before.

Consider the race to be a victory lap for all the hard work you did in training.

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## Day 54: Rest

You're close enough to race day to start checking the weather forecast and finalizing what to wear.

► If you need help choosing attire, [check out our What to Wear tool](#).

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## Day 55: Rest

Recover from the miles you've done and save your energy for tomorrow's race.

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## Day 56: Race Day

Good luck! Follow the prerun routine that's worked well for you in training, and try to get to the starting line at least one hour before the start so you have time to hit the bathroom and take care of last-minute details before the starting gun fires. Walk and jog to warm up. Start slowly, with the idea of gradually gaining speed and finishing feeling strong.

► After you've recovered, consider training with Runner's World again. [Check out the other plans we've designed for 5Ks, 10Ks, half marathons, and marathons](#).