

# 5K TRAINING PLAN HIGH MILEAGE (12 WEEKS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Easy run or day off	Speedwork	Easy run/day off/cross-train	Tempo run	Easy run or day off	Easy run with drills and strides	Long Run	Miles/wk (nearest mile)
<b>1</b>	3 miles at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4 w/form drills and strides<sup>1</sup></li> <li>Repeat 8 times: 400 meters at RPE 7.5-8 pace followed by 200-meter recovery jogs at RPE 3-4</li> <li>1 mile At RPE 3-4</li> <li>5-10 minutes of strength training</li> </ul>	Choose one: 3-4 miles at RPE 3-4, 25 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4 w/ form drills and strides</li> <li>3 miles at RPE 6.5-7</li> <li>1 mile at RPE 3-4</li> <li>5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4</li> <li>Repeat 4 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>1 mile at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>5-6 miles at RPE 3-4</li> <li>5-10 minutes of strength training (optional)</li> </ul>	17-25
	0-3	4.5	0-4	5	0	2.5	5-6	
<b>2</b>	3-4 miles at RPE 3-4, 25 minutes cross-training, or day off	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4 w/form drills and strides</li> <li>Repeat 6 times: 800 meters at RPE 7.5-8, followed by 400-meter recovery jogs at RPE 3-4</li> <li>1 mile at RPE 3-4</li> <li>5-10 minutes of strength training</li> </ul>	Choose one: 4 miles at RPE 3-4, 30 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4 w/ form drills and strides</li> <li>3 miles at RPE 7</li> <li>1 mile at RPE 3-4</li> <li>5-10 minutes of strength training</li> </ul>	3 miles at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4</li> <li>Repeat 6 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>1 mile at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>5-7 miles at RPE 4-5</li> <li>5-10 minutes of strength training (optional)</li> </ul>	23-32
	3-4	6.5	0-4	5	0-3	2.75	5-7	
<b>3</b>	3-4 miles at RPE 3-4 or 25 minutes of easy cross-training	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4 w/form drills and strides</li> <li>Repeat 6 times: 400 meters uphill at RPE 7.5-8<sup>2</sup>, followed by jog-down recoveries at RPE 3-4</li> <li>1 mile at RPE 3-4</li> <li>5-10 minutes of strength training</li> </ul>	Choose one: 4-5 miles at RPE 3-4, 30 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4 w/ form drills and strides</li> <li>4 miles at RPE 6.5-7</li> <li>1 mile at RPE 3-4</li> <li>5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4</li> <li>Repeat 8 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>1 mile at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>7-8 miles at RPE 3-4</li> <li>5-10 minutes of strength training (optional)</li> </ul>	21-31
	0-4	5	0-5	6	0	3	7-8	
<b>4</b>	4-5 miles at RPE 3-4 or 30 minutes of easy cross-training	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4 w/form drills and strides</li> <li>Repeat 4 times: 600 meters at RPE 8-8.5, followed by 300-meter recovery jogs at RPE 3-4</li> <li>Repeat 4 times: 300 meters at RPE 8.5, followed by 200-meter recovery jogs at RPE 3-4</li> <li>1 mile at RPE 3-4</li> <li>5-10 minutes of strength training</li> </ul>	Choose one: 5 miles at RPE 3-4 or 30 minutes of easy cross-training	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4 w/ form drills and strides</li> <li>5 miles at RPE 6.5-7</li> <li>1 mile at RPE 3-4</li> <li>5-10 minutes of strength training</li> </ul>	3 miles at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4</li> <li>Repeat 4 times: 200 meters at RPE 8-8.5 or close to 5K goal pace followed by 200- meter recovery jogs at RPE 3-4 3-4</li> </ul>	<ul style="list-style-type: none"> <li>1 mile at RPE 3-4</li> <li>Form drills and strides</li> <li>1 mile time trial at RPE 8-8.5 or close to 5K race pace</li> <li>1 mile at RPE 3-4</li> </ul>	23-32

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	0-5	6	0-5	7	0-3	2.5	3.3	
<b>5</b>	4-5 miles at RPE 3-4 or 30 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/form drills and strides</li> <li>• 3x1 mile (see below for each mile RPE), with each mile followed by a 800-meter recovery jogs at RPE 3-4: <ul style="list-style-type: none"> <li>- mile 1 at RPE 7.5</li> <li>- mile 2 at RPE 8</li> <li>- mile 3 at RPE 8.5</li> </ul> </li> <li>• 1 mile at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	Choose one: 4-5 miles at RPE 3-4, 30 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/ form drills and strides</li> <li>• 4 miles RPE 7-7.5</li> <li>• 1 mile at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4</li> <li>• Repeat 8 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>• 1 mile at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 6-8 miles at RPE 3-4</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>	21-33
	0-5	5.5	0-5	6	0	3	6-8	
<b>6</b>	4-5 miles at RPE 3-4, 30 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/form drills and strides</li> <li>• Repeat 5 times: 1000 meters at RPE 7.5-8 followed by 500-meter recovery jogs at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	Choose one: 4-5 miles at RPE 3-4 or 30 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/ form drills and strides</li> <li>• 2.5 miles RPE 7-7.5</li> <li>• 1 mile at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	3 miles at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4</li> <li>• Repeat 8 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>• 1 mile at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 7 miles at RPE 5-6</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>	21-34
	0-5	6.25	0-5	4.5	0-3	3	7	
<b>7</b>	4-5 miles at RPE 3-4 or 30 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/form drills and strides</li> <li>• Repeat 4 times: 800 meters at RPE 8-8.5, followed by 400 meter recovery jogs at RPE 3-4</li> <li>• Repeat 4 times: 400 meters at RPE 8-8.5 followed by 200 meter recovery jogs at RPE 3-4</li> <li>• 1 mile at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	Choose one: 4-5 miles at RPE 3-4, 30 minutes of easycross-training, or day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/ form drills and strides</li> <li>• 3 miles at RPE 7-7.5</li> <li>• 1 mile at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4</li> <li>• Repeat 8 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>• 1 mile at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 7-9 miles at RPE 5-6</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>	21-33
	0-5	6.3	0-5	5	0	3	7-9	

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<b>8</b>	5 miles at RPE 3-4 or 30 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/form drills and strides</li> <li>• 1 mile at RPE 8-8.5 or close to 5K goal pace, followed by 800-meter recovery jog at RPE 3-4</li> <li>• 1200 meters at RPE 8-8.5 or close to 5K goal pace, followed by 600-meter recovery jog at RPE 3-4</li> <li>• 800 meters at RPE 8-8.5 or close to 5K goal pace, followed by 400-meter recovery jog at RPE 3-4</li> <li>• Repeat 4 times: 400 meters at RPE 8-8.5 or close to 5K goal pace, followed by 200-meter recovery jog at RPE 3-4</li> <li>• 1 mile at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	Choose one: 5 miles at RPE 3-4 or 35 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/ form drills and strides</li> <li>• 4 miles at RPE 6.5-7</li> <li>• 1 mile at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	3 miles at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4</li> <li>• Repeat 4 times: 200 meters at RPE 8-8.5 or close to 5K goal pace followed by 200-meter recovery jogs at RPE 3-4</li> <li>• 800 meters at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4</li> <li>• Form drills and strides</li> <li>• 2-mile time trial or 5K race</li> <li>• 1 mile at RPE 3-4</li> </ul>	20-34
	0-5	7.25	0-5	6	0-3	2.25	4.3-5.4	
<b>9</b>	4-6 miles at RPE 3-4 or 30-35 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/form drills and strides</li> <li>• Repeat 6 times: 800 meters at RPE 8 or close to 5K goal pace, followed by 400-meter recovery jogs at RPE 3-4</li> <li>• 1 mile at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	Choose one: 4-5 miles at RPE 3-4 or 30-35 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/ form drills and strides</li> <li>• 3 miles at RPE 7</li> <li>• 1 mile at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4</li> <li>• Repeat 8 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>• 1 mile at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 10 miles at RPE 3-4</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>	24-35
	0-6	6.25	0-5	5	0	3	10	
<b>10</b>	4 miles at RPE 3-4 or 30 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/form drills and strides</li> <li>• Repeat 2 times: 1.5 miles at RPE 8 or close to 5K goal pace, followed by 1200-meter recovery jog at RPE 3-4</li> <li>• 1 mile at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	Choose one: 5 miles at RPE 3-4 or 35 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/ form drills and strides</li> <li>• 3 miles at RPE 7.5-8</li> <li>• 1 mile at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	3 miles at RPE 3-4	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4</li> <li>• Repeat 8 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>• 1 mile at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 7-8 miles at RPE 5-6</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>	23-34
	0-4	5.75	0-5	5	3	3	7-8	
<b>11</b>	5 miles at RPE 3-4 or 35 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/form drills and strides</li> <li>• Repeat 12 times: 400 meters at RPE 8-8.5, followed by 200-meter recovery jogs at RPE 3-4</li> <li>• 10 minutes of strength training</li> </ul>	4 miles at RPE 3-4 or 30 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/ form drills and strides</li> <li>• 2 miles RPE 7-7.5</li> <li>• 1 mile at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4</li> <li>• Repeat 8 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>• 1 mile at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 6 miles at RPE 3-4</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>	19-28
	0-5	6.4	0-4	4	0	3	6	

## 5K TRAINING PLAN HIGH MILEAGE (12 WEEKS)

12	3 miles at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/form drills and strides</li> <li>• 1 mile at RPE 8-8.5 or close to 5K goal pace, followed by 1 mile at RPE</li> <li>• 5 minutes of strength training</li> </ul>	Choose one: 3 miles at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4 w/form drills</li> <li>• Repeat 6 times 100-meter stride at RPE 7, followed by 200-meter jog at RPE 3</li> <li>• 800 meters at RPE 3-4</li> </ul>	2 miles at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 800 meters at RPE 3-4</li> <li>• Repeat 4 times: 100-meter stride at RPE 7, followed by a 100-meter jog at RPE 3</li> <li>• 800 meters at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 1 mile at RPE 3-4</li> <li>• Form drills and strides</li> <li>• <b>5K goal race</b></li> <li>• 1 mile at RPE 3-4</li> </ul>	12-20
	0-3	3	0-3	2.6	0-2	1.5	5.4	

### WARMUP: 1 MILE EASY WITH FORM DRILLS AND STRIDES

- **Jog 1:00**
- **Form drills:** for 15-20 seconds each, followed by 15-20 seconds of slow jogging, do each of these eight drills:
  - Butt-kicks
  - High knees
  - Quick feet
  - Skipping for height
  - Side-slide/chassée (R and L)
  - Cross-over/carioca/grapevine (R and L)
- **Strides:** after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you've done four 20-second strides.
- **Jog 1:00**

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1-2	Negligible effort	Walking
3-4	Easy	Easy-run range
5	Moderate	Regular-run pace
6-7	Moderate-to-hard	Tempo-run range
8-9	Hard	Speedwork range
10	Very hard	Sprinting