Advanced 5K Training Program!
Start date: Monday, March 8

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	3 mile run	5 x 400m	Rest or Easy Run	30 min. Tempo	Rest	4 mile fast	60 min run
2	3 mile run	8 x 200m	Rest or Easy Run	30 min. Tempo	Rest	4 mile Fast	65 min run
3	3 mile run	6 x 400m	Rest or Easy Run	35 min. Tempo	Rest	5 mile Fast	70 min run
4	3 mile run	9 x 200m	Rest or Easy Run	35 min. Tempo	Rest or Easy Run	Rest	5K Test
5	3 mile run	7 x 400m	Rest or Easy Run	40 min. Tempo	Rest	5 mile Fast	75 min run
6	3 mile run	10 x 200m	Rest or Easy Run	40 min. Tempo	Rest	6 mile Fast	85 min run
7	3 mile run	8 x 400m	Rest or Easy Run	45 min. Tempo	Rest	6 mile Fast	90 min run
8	2 mile run	6 x 200m	30 min. Temp	Rest or Easy Run	Rest	RAT RACE May 1st!	Rest

Rest: Rest is just as important, if not more so, than the actual exercise. It allows the muscles time to heal and strengthen.

Run: Don't worry about how long it takes, just go the distance! Moderate intensity is best; you should be able to converse.

Fast: Run at a speed that makes you slightly uncomfortable. You should NOT be able to talk easily. Go faster than you would on a regular "run" day.

Tempo: A tempo run is a continuous run with a build-up in the middle to near 10K pace.

Long Runs: Run 60-90 minutes at a comfortable pace, not worrying about speed or distance. This should be enjoyable – stop and smell the roses or talk to a friend! Talking should be fairly easy.

Interval Training: Alternate fast running with jogging or walking. Run 400m or 200m repeats at your mile pace with walking or jogging between each repeat. Make sure to warm up and cool down properly.