



8 week **Advanced** 5k Training Calendar

Program Start – _____

Peak Event Date – _____

GOAL – _____

TRAINING CALENDAR LEGEND

-  - Colour signifies easy day/effort
-  - Colour signifies harder intensity day/effort
- R - Rest day
- XT - Cross train – bike, swim, squash, etc.

*All training efforts are shown in **miles**

**ON _____, I WILL
RUN A 5k IN _____**



Week #1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 5 x 800 m 2:30 min. jog/walk between each repeat	4	6 Accelerations	R	8 *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 5k IN _____**



Week #2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 -3 x 1 km repeats 5 seconds faster than project 5k pace -2:30 min. to 3:00 jog/walk between each repeat	6	5 Hills 2 mile warm up 6 x medium sized hill (1 to 2 minute climb) Recovery walk down hill	R	9 *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 5k IN _____**



Week #3

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	6 6 x 800 m 2:30 min. jog/walk between each repeat	5	7 Accelerations	R	10 *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 5k IN _____**



Week #4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	6 <p style="margin-top: 5px;">Hills -2 mile warm up 8 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill</p>	4	5 <p style="margin-top: 5px;">-4 x 1 km repeats 5 seconds faster than projected 5k pace -2:30 min. to 3:00 jog/walk between each repeat</p>	R	8 <p style="margin-top: 5px; color: red; font-size: small;">*2:00 to 2:30 minutes/mile slower than projected 5 k race pace</p>	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 5k IN _____**



Week #5

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	6 8 x 600 m 2:00 min. jog/walk between each repeat	4	5 Accelerations	R	11 *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 5k IN _____**



Week # 6

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 10+ x 400 m 2:00 min. jog/walk between each repeat	5	6 Hills -2 mile warm up 8 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill	R	13 *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____ , I WILL
RUN A 5k IN _____**



Week #7

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 Z1 -2 x 1 mile repeats At projected 5k pace or 5 seconds per mile faster -3:00 jog/walk between each repeat	5	4 Accelerations	R	9 *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 5k IN _____**



Week #8

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R	4 6 x 400 m 2:00 min. jog/walk between each repeat	5	3	R	R	5k RUN!
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<u>RESULTS:</u> <u>Time:</u> _____ <u>Comments:</u>