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
### Week #1

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<tr>
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<td>5 x 800 m 2:30 min. jog/walk between each repeat</td>
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<td>8</td>
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- **Treadmill/Outside**
  - Avg. Speed: _________
  - Avg. HR: _________
  - Shoes: _________
  - Temp: _________
  - Notes: _________

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  - Avg. Speed: _________
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- **Treadmill/Outside**
  - Avg. Speed: _________
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  - Temp: _________
  - Notes: _________

*2:00 to 2:30 minutes/mile slower than projected 5k race pace*
ON , I WILL RUN A 5k IN _________

Week #2

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- **3 x 1 km repeats**
  - 5 seconds repeats faster than project 5k pace
  - 2:30 min. to 3:00 jog/walk between each repeat

- **Hills**
  - 2 mile warm up
  - 6 x medium sized hill (1 to 2 minute climb)
  - Recovery walk down hill

- **R**
  - 2:00 to 2:30 minutes/mile slower than projected 5 k race pace

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- **XT**

### Week #3

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**6 x 800 m**  
2:30 min. jog/walk between each repeat  

**Accelerations**  
1:20 to 2:30 minutes/mile slower than projected 5k race pace

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**Treadmill/Outside**  

**Avg. Speed:**  
**Avg. HR:**  
**Shoes:**  
**Temp:**  
**Notes:**

Week #4

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Hills
- 2 mile warm up
- 8 x medium sized hill (1 to 2 minute climb)
- Recovery walk down hill

-4 x 1 km repeats
- 5 seconds faster than projected 5k pace
- 2:30 min. to 3:00 jog/walk between each repeat

Treadmill/Outside
Avg. Speed: _______
Avg. HR: _______
Shoes: _______
Temp: _______
Notes: _______

Treadmill/Outside
Avg. Speed: _______
Avg. HR: _______
Shoes: _______
Temp: _______
Notes: _______
**Week #5**

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- **6**
  - 8 x 600 m
  - 2:00 min. jog/walk between each repeat

- **5**
  - Accelerations

- **R**
  - 2:00 to 2:30 minutes/mile slower than projected 5 k race pace

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**Treadmill/Outside**

- Avg. Speed:
- Avg. HR:
- Shoes:
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- Notes:

**Treadmill/Outside**

- Avg. Speed:
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**Treadmill/Outside**

- Avg. Speed:
- Avg. HR:
- Shoes:
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- 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:
Week # 6

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3

- 10+ x 400 m
- 2:00 min. jog/walk between each repeat

5

- Hills
- -2 mile warm up
- 8 x medium sized hill (1 to 2 minute climb)
- -Recovery walk down hill

R

- 2:00 to 2:30 minutes/mile
  - slower than projected 5k race pace

R

- XT

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Treadmill/Outside

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-2 x 1 mile repeats
At projected 5k pace or 5 seconds per mile faster
-3:00 jog/walk between each repeat

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Notes: 2:00 to 2:30 minutes/mile slower than projected 5k race pace

ON ______, I WILL RUN A 5k IN _________

Week #8

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6 x 400 m
2:00 min. jog/walk between each repeat

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RESULTS:

Time:

Comments:

Courtesy of: