



# 5K · ADVANCED 9-WEEK TRAINING PLAN



## STEP 1

### SET A GOAL

Use the [Hansons Training Pace Calculator](#) to fill in the following paces. You'll reference these paces for your weekly workouts. This will help you get the most out of each workout, and ensure that your training hits the right zones so you don't go too easy, or too hard.

\_\_\_\_\_ : Your goal finish time      \_\_\_\_\_ : Your goal pace (GP)  
\_\_\_\_\_ : Long Run      \_\_\_\_\_ : 10k pace (for workouts)

## STEP 2

### BRUSH UP ON YOUR RUNNER LINGO

**TEMPO:** It should be hard to hold a conversation at this speed, but still a pace you could hold for 45–60 minutes if necessary.

**RECOVERY PACE:** Easy jogging in-between hard, fast intervals; no prescribed speed, just keep moving.

**WARM-UP/COOL-DOWN:** Easy jogging and a few shorter, faster intervals to get your body ready for a workout, and easy jogging to recover once you're done.

**REST OR CROSS-TRAIN:** Total rest, or doing a non-running activity such as weights, yoga, cycling, etc.

**HILL TRAINING/RUNNING:** When you see sets of hill repeats (90/60/30" hills, for example), start by running uphill at moderate/hard intensity, then jog back down to recover and rest. When you get to the bottom, turn around and run uphill again, jogging back down. In general, hills are an efficient, natural interval workout that lets you switch between hard and easy running.

**NOTATION:** In these training plans, minutes and seconds are noted using quotation marks: minutes are denoted using by single quotation marks, and seconds denoted by double quotation marks. (3' = 3 minutes, 45" = 45 seconds)

**WHAT DOES "/ " MEAN?:** When you see "/" on the calendar, the forward slash indicates changing durations of work or rest during an interval workout. So 2 x 90/60/30" hills means you do run uphill for 90 seconds, recover by jogging back down, run uphill again for 60 seconds, jog down, and run uphill for 30 seconds before repeating the full series again. For workouts with timed rest after intervals of varying distance, the rest is written to match the interval. So 200/400/800m intervals followed by 1'/2'/3' rest means that you rest for 1 minute after your 200m interval, rest for 2 minutes after your 400m interval, and so on.

## STEP 3

### START TRAINING

**NOTE:** For all Tues/Thurs workouts, include 1 mile warm up, 1 mile cool down



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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	3 miles easy	5 x 1' hills ----- Jog down for recovery	Rest or 30' cross-train	3 "up/down" miles  Alternate: Up miles at tempo pace, Down miles at moderate effort	3 miles or 30' cross-train	Long run: 40'	Off
WEEK 2	3 miles easy	3 x 1' hard / 1' easy ----- 3 x 1' hills	Rest or 35' cross-train	3 x 1-mile tempo ----- 2' recovery	3 miles easy or 30' cross-train	Long run: 45'	Off
WEEK 3	3 miles easy	3 x 2' hard / 1' easy ----- 3 x 1' hills	Rest or 30' cross-train	3-mile progressive tempo  Start moderate and cut down 5" each mile	3 miles easy	Long run: 50'	Off
WEEK 4	4 miles easy	3 x 3' hard / 90" easy ----- 3 x 45" hills	Rest or 35' cross-train	3-mile aerobic tempo at tempo pace + 20" ----- 3 x 100m hard with 3' recovery	3 miles easy or 30' cross-train	Long run: 55'	Off



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 5</b>	4 miles easy	4 x 600m at Goal Pace with equal rest	Rest or 35' cross-train	2 x 3/2/1' hills Increasing effort as the intervals get shorter	4 miles easy or 30' cross-train	Long run: 60'	Off
<b>WEEK 6</b>	5 miles easy	3 x 1k at 10k pace +5" with 2' rest <hr/> 2 x 400m at 5k pace with 90" rest	Rest or 35' cross-train	2 x 2-mile tempo w/ 3' rest between <hr/> 3 x 100m hard w/ 4' recovery	3 miles easy or 30' cross-train	Long run: 60'	Off
<b>WEEK 7</b>	5 miles easy	4 x 800m at 5k pace then 250m even faster <hr/> 1' recovery after 800, 4' recovery after 250	Rest or 40' cross-train	4-mile progressive tempo  Start moderate and cut down 5" each mile	4 miles easy or 35' cross-train	Long run: 65'	Rest or easy cross-train
<b>WEEK 8</b>	5 miles easy	40' run as you feel  5 x 100m quick	Rest or 40' cross-train	1200/800/400/200m <hr/> Rest 3'/2'/2'/2' <hr/> Pace: GP+2"/5k/5k-3"/hard	4 miles easy or 35' cross-train	Long run: 55'	Off

