

SET A GOAL**STEP 1**

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)

BRUSH UP ON YOUR RUNNER LINGO**STEP 2**

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 1,5k warm up, 1,5k cool down

5K • ADVANCED 9-WEEK TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	5K easy	5 x 1' hills Jog down for recovery	Rest or 30' cross-train	5K "up/down" Alternate: Up kilometers at tempo pace, Down kilometers at moderate effort	5K or 30' cross-train	Long run: 40'	Off
WEEK 2	5K easy	3 x 1' hard / 1' easy 3 x 1' hills	Rest or 35' cross-train	3 x 1-mile tempo 2' recovery	5K easy or 30' cross-train	Long run: 45'	Off
WEEK 3	5K easy	3 x 2' hard / 1' easy 3 x 1' hills	Rest or 30' cross-train	5K progressive tempo Start moderate and cut down 5" each 1,5K	5K easy	Long run: 50'	Off
WEEK 4	6,5K easy	3 x 3' hard / 90" easy 3 x 45" hills	Rest or 35' cross-train	5K aerobic tempo at tempo pace + 20" 3 x 100m hard with 3' recovery	5K easy or 30' cross-train	Long run: 55'	Off

5K · ADVANCED 9-WEEK TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	6,5K 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	6,5K easy or 30' cross-train	Long run: 60'	Off
WEEK 6	6,5K 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 3K tempo w/ 3' rest between <hr/> 3 x 100m hard w/ 4' recovery	5K easy or 30' cross-train	Long run: 60'	Off
WEEK 7	6,5K 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	6,5K progressive tempo Start moderate and cut down 5" each mile	6,5K easy or 35' cross-train	Long run: 65'	Rest or easy cross-train
WEEK 8	8K 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	6,5K easy or 35' cross-train	Long run: 55'	Off

5K · ADVANCED 9-WEEK TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9	6,5K easy	2-mile tempo w/ 4' recovery	Rest or 30' cross-train	4 x 400m at GP w/ 60" rest	Rest or 5K easy	Pre-race shakeout: 5K 3 x 150m at GP	RACE DAY!

NOTES
