

# SAMPLE 8 WEEK 5K IMPROVEMENT PLAN for an advanced runner, training 4 times per week

■ Easy Run 
 ■ Intervals 
 ■ Tempo 
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>6km</b> 6km Easy Run	<b>7km</b> Tempo 2km Blocks	Rest	<b>9.2km</b> Descending Intervals	Rest	<b>10km</b> 10km Long Run	Rest
WEEK 2	<b>7km</b> 7km Easy Run	<b>7km</b> Varied Tempo 4km	Rest	<b>9km</b> Shorter Intervals	Rest	<b>12km</b> 12km Long Run	Rest
WEEK 3	<b>7km</b> 7km Easy Run	<b>7km</b> Tempo 1200s	Rest	<b>9.4km</b> Mile Repeats	Rest	<b>14km</b> 14km Long Run	Rest
WEEK 4	<b>6km</b> 6km Easy Run	<b>7km</b> Half Easy Half Tempo	Rest	<b>7km</b> 800m Repeats	Rest	<b>10km</b> 10km Long Run	Rest
WEEK 5	<b>8km</b> 8km Easy Run	<b>9km</b> Steady Opener Progressive Run	Rest	<b>9km</b> 800m into 400m Intervals	Rest	<b>14km</b> 14km Long Run	Rest
WEEK 6	<b>8km</b> 8km Easy Run	<b>9.4km</b> 200m Tempo Repeats	Rest	<b>11km</b> 400s into 200s	Rest	<b>16km</b> 16km Long Run	Rest
WEEK 7	<b>7km</b> 7km Easy Run	<b>9km</b> Steady Tempo 3km	Rest	<b>9km</b> 400m Repeats	Rest	<b>10km</b> 10km Long Run	Rest
WEEK 8	<b>5km</b> 5km Easy Run	Rest	<b>7km</b> Taper Up & Overs	Rest	Rest	Rest	<b>5km</b> 5km Race