

Week / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>ADVANCED 5K TRAINING GUIDE</b> Target: To improve speed over distance Pre-requisite: Beginners 10k guide 6 days pw							
1	30 mins with hills	25 min easy	40 min incl. 10 x 1 min fast, 1 min in between	40 min easy	20 min pace run	Rest	60 min easy
2	35 mins with hills	25 min easy	6 x 2 min fast, 90 sec jog in between	45 min easy	4 x 5 min fast, 2 min jog in between	Rest	70 min easy
3	30 mins with hills	25 min easy	5 x 3 min fast, 1 min jog in between	40 min easy	3 x 8 min fast, 3 min jog in between	Rest	70 min easy
4	30 mins with hills	30 min easy	4, 3, 2, 1, 2, 3, 4 min fast, 1 min jog between	30 min easy	25 min pace run	Rest	60 min easy
5	20 min at 10k race pace	30 min easy	Rest	40 min easy	Jog or easy strides	Rest	5k race

**Terminology**

Easy runs should be just that - EASY! Realistically, they should not be much faster than jogging. Long runs are about building time on your feet while shorter runs are about recovery. The main purpose of these runs are to educate muscles, burn fat and utilise oxygen.

Steady running is slightly faster but remain relaxed and you should comfortably be able to maintain a conversation.

Pace runs are not flat out but a good strong run where you will be slightly out of breath. Ideally, these should be run at 85% of you maximum and this can be achieve with the use of a heart rate monitor. You should not be able to hold a full conversation at this pace. These runs will increase the overall pace of your running.

Repetition work will place your body under even greater stress but this is where you will reap the rewards come race day. These higher intensity sessions are great workouts for the heart and lungs.