

8-Week 5K Training Program - Advanced

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7-Aug	3 mi run	5 x 400	Rest or easy run	30 min tempo	Rest	4 mi fast	60 min run
14-Aug	3 mi run	8 x 200	Rest or easy run	30 min tempo	Rest	4 mi fast	65 min run
21-Aug	3 mi run	6 x 400	Rest or easy run	35 min tempo	Rest	5 mi fast	70 min run
28-Aug	3 mi run	9 x 200	Rest or easy run	35 min tempo	Rest or easy run	Rest	5K Test
4-Sep	3 mi run	7 x 400	Rest or easy run	40 min tempo	Rest	5 mi fast	75 min run
11-Sep	3 mi run	10 x 200	Rest or easy run	40 min tempo	Rest	6 mi fast	85 min run
18-Sep	3 mi run	8 x 400	Rest or easy run	45 min tempo	Rest	6 mi fast	90 min run
25-Sep	2 mi run	6 x 200	30 min tempo	Rest or easy run	Rest	Desi Dash 5K	

Ref: <https://www.halhigdon.com/training-programs/5k-training/advanced-5k/>

