

Run Your Fastest 5-K

This plan is for runners who've logged at least 32km per week for a few months. On days with options, intermediate runners should choose the lower end; advanced runners, the higher.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest or XT (cross-train)	4-6 x 400 metres	Easy 5 or XT	6 x 10-sec. hill sprints, 90-sec. recovery	Rest or XT	Easy 5-8	Long: 8-13
2	Rest or XT	6-8 x 400 metres	Easy 5 or XT	Easy 5-8km + 6-8 strides	Rest or XT	Easy 5-8	Long: 8-13, including 1.5km @ tempo, 1:00 recovery, 1.5km @ tempo
3	Rest or XT	8-10 x 400 metres	Easy 5 or XT	8 x 10-sec. hill sprints, 90-sec. recovery	Rest or XT	Easy 5-8	Long: 8-13
4	Rest or XT	200, 400, 600, 800 metres (advanced: add 1000 and 1200)	Easy 5 or XT	Easy 5-8km + 6-8 strides	Rest or XT	Easy 5-8	Long: 8-13, including 3km @ tempo
5	Rest or XT	200, 400, 800, 400, 200 metres (advanced: 400, 800, 1200, 800, 400)	Easy 5 or XT	10 x 10-sec. hill sprints, 90-sec. recovery	Rest or XT	Easy 6-10	Long: 10-16
6	Rest or XT	4 x 800 metres (advanced: add a 400 before and after)	Easy 5 or XT	Easy 5-8km + 6-8 strides	Rest or XT	Easy 6-10	Long: 10-16, including 3km @ tempo, 1:00 recovery, 1.5km @ tempo
7	Rest or XT	5 x 800 metres (advanced: add a 400 before and after)	Easy 5 or XT	6 x 20-sec. hill sprints, 90-sec. recovery	Rest or XT	Easy 6-10	Long: 13-19
8	Rest or XT	6 x 800 metres (advanced: add a 400 before and after)	Easy 5 or XT	Easy 5-8km + 6-8 strides	Rest or XT	Easy 6-10	Long: 13-19, including 5km @ tempo
9	Rest or XT	200, 400, 800, 400, 200 metres (advanced: 400, 800, 1200, 800, 400)	Easy 5 or XT	8 x 20-sec. hill sprints, 90-sec. recovery	Rest or XT	Easy 5-8	Long: 8-13
10	Rest or XT	4-6 x 200 metres	Easy 5 or XT	Easy 5-8	Rest or XT	Easy 5	5-K RACE

SPEED Add 1-3km warm-up (plus strides and dynamic stretches), 1-3km cool-down. Do reps at roughly 5-K goal pace. Recover by jogging half the distance of previous repeat.

HILLS Add 1-3km warm-up (plus strides and dynamic stretches), 1-3km cool-down.
STRIDES Roughly 100m pickups, peaking around 5-K pace. Recover fully between each.

LONG Intermediate runners run shorter; advanced go longer.
TEMPO Start after 1-3km jogging. Run at 'comfortably hard' pace (slightly faster than half-marathon pace).