

RUN A FASTER 5K

A 6-WEEK TRAINING PLAN TO INCREASE YOUR SPEED

This plan is for seasoned runners looking to beat their previous 5K finishing times. Regular speedwork and an injury-prevention strength-training plan will help you cross the finish line with a personal record.

KEY | **Tempo:** Run at a comfortably hard pace, 30 to 40 seconds slower than your desired 5K race pace.
Easy: Run at a comfortable recovery pace.
Fast: Your interval pace should be between 30 and 60 seconds faster than your planned 5K race pace.
Stretch after every run and workout!

WEEK

1

M Rest/Roll
T **Tempo Run** | 10-minute warmup | tempo run: 5-10 minutes | 5-minute cooldown
W **Easy Run** | 20-25 minutes
TH Rest/Rehab
F **Fast Intervals** | 5-minute warmup | run: 4 x 400 meters | recover: 2-minute jog | 5-minute cooldown
SA Core/Stretch
SU **Easy Run** | 20-25 minutes

WEEK

2

M Rest/Roll
T **Tempo Run** | 10-minute warmup | tempo run: 10-15 minutes | 5-minute cooldown
W **Easy Run** | 30 minutes
TH Plyo/Strength
F **Fast Intervals** | 5-minute warmup | run: 3 x 800 meters | recover: 2-minute jog | 5-minute cooldown
SA Core/Stretch
SU **Tempo Run** | 10-minute warmup | tempo run: 10-15 minutes | 5-minute cooldown

WEEK

3

M Rest/Roll
T **Tempo Run** | 10-minute warmup | tempo run: 10-20 minutes | 5-minute cooldown
W **Easy Run** | 30-40 minutes
TH Plyo/Strength
F **Fast Intervals** | 5-minute warmup | run: 5 x 800 meters | recover: 2-minute jog | 5-minute cooldown
SA Core/Stretch
SU **Tempo Run** | 10-minute warmup | tempo run: 10-20 minutes | 5-minute cooldown

WEEK

4

M Rest/Roll
T **Tempo Run** | 10-minute warmup | tempo run: 15-20 minutes | 5-minute cooldown
W **Easy Run** | 35-45 minutes
TH Plyo/Strength
F **Fast Intervals** | 5-minute warmup | run: 8 x 800 meters | recover: 2-minute jog | 5-minute cooldown
SA Core/Stretch
SU **Tempo Run** | 10-minute warmup | tempo run: 15-20 minutes | 5-minute cooldown

WEEK

5

M Rest/Roll
T **Tempo Run** | 10-minute warmup | tempo run: 20-25 minutes | 5-minute cooldown
W **Easy Run** | 40-50 minutes
TH Plyo/Strength
F **Fast Intervals** | 5-minute warmup | run: 8 x 400 meters | recover: 2-minute jog | 5-minute cooldown
SA Core/Stretch
SU **Tempo Run** | 10-minute warmup | tempo run: 20-25 minutes | 5-minute cooldown

WEEK

6

M Rest/Roll
T **Tempo Run** | 10-minute warmup | tempo run: 15-20 minutes | 5-minute cooldown
W **Easy Run** | 30-40 minutes
TH Plyo/Strength
F **Fast Intervals** | 5-minute warmup | run: 10 x 200 meters | recover: 200-meter jog | 5-minute cooldown
SA Stretch
SU **RACE DAY. GO GET THAT PR!**