

HIGH SCHOOL ADVANCED 5K-4 MILE PLAN

Has raced 5K before, can do speed workouts and run at least 20 miles a week.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Recovery • OFF	Run • 4 miles • drills	Run • 4 miles	Run • 4 miles • drills	Recovery • OFF	Run • 4 miles • drills	Run • 3 miles
2	Flex Day • 3 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 6 x 400m @ 5K pace, 2 minute walk/run recovery between intervals • 1 mile cool down run	Run • 4 miles	Tempo • 1.5 mile warm up run • drills • strides • 3 x 800m @ tempo pace, 1 minute walk recovery between intervals • 1 mile cool down run	Recovery • OFF	Run • 4 miles • drills • strides	Run • 3 miles
3	Flex Day • 3 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 5 x 600m @ goal 5K pace, 2 minute walk/run recovery between intervals • 1 mile cool down run	Run • 4 miles	Tempo • 1.5 mile warm up run • drills • strides • 2 x 8 minute @ tempo pace, 2 minute walk recovery between intervals • 1 mile cool down run	Recovery • OFF	Run • 4 miles • drills • strides	Run • 3.5 miles
4	Flex Day • 3 miles or OFF	Hill Workout • 1.5 mile warm up run • drills • strides • 5-7 x 50 second hill sprint, walk downhill recovery between intervals • 1 mile cool down run	Run • 4.5 miles	Fartlek Run • 1.5 mile warm up run • drills • strides • alternate between running 2 minutes hard, followed by 2 minutes easy four times • 1 mile cool down run	Recovery • OFF	Run • 4.5 miles • drills • strides	Run • 3.5 miles
5	Flex Day • 3 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 4-5 x 800m @ 5-10 seconds slower per mile than goal 5K pace, walk/run 2:30 minutes recovery between intervals • 1 mile cool down run	Run • 4.5 miles	Progression Run • run 4 miles getting faster by 10-15 seconds each mile • drills • strides	Recovery • OFF	Time Trial • 1.5 mile warm up run • drills • strides • 1 mile time trial • 1 mile cool down run	Run • 3.5 miles

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	Flex Day • 3 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 3 x 600m @ 5K pace, 3 x 300m @ faster than 5K, 2 minute walk/run recovery between intervals • 1 mile cool down run	Run • 4 miles	Tempo • 1.5 mile warm up run • drills • strides • 2 miles @ tempo pace • 1 mile cool down run	Recovery • OFF	Run • 4 miles • drills • strides	Run • 4 miles
	Flex Day • 3-4 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 3 x 1 mile @ 5K race pace, 3 minute walk/run recovery between intervals • 1 mile cool down run	Run • 4.5 miles	Fartlek Run • 1.5 mile warm up run • drills • strides • Hard running intervals of 4, 3, 2, 1 minute with easy running of 2:30 minutes between hard intervals • 1 mile cool down run	Recovery • OFF	Run • 4.5 miles • drills • strides	Run • 3.5 miles
	Flex Day • 3-4 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 2 x 1000m, 2 x 800m @ 5K pace, walk/run 3 minutes recovery between intervals • 1 mile cool down run	Run • 5 miles	Tempo • 1.5 mile warm up run • drills • strides • 2.5 mile @ tempo pace • 1 mile cool down run	Recovery • OFF	Run • 5 miles • drills • strides	Run • 4 miles
	Flex Day • 3 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 5-7 x 50 second hill sprint, walk downhill recovery between intervals • 1 mile cool down run	Run • 4.5 miles	Progressive Run • run 4 miles getting faster by 10-15 seconds each mile • drills • strides	Recovery • OFF	Run • 1.5 mile warm up run • drills • strides • 2 mile time trial • 1 mile cool down run	Run • 6 miles
	Flex Day • 3-4 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 1 x 1000m, 1 x 800m, 1 x 600m, 2 x 400m @ 5K pace or faster, walk/run recovery between intervals • 1 mile cool down run	Run • 5 miles	Tempo • 1.5 mile warm up run • drills • strides • 3 miles @ tempo pace • 1 mile cool down run	Recovery • OFF	Run • 4.5 miles • drills • strides	Run • 6 miles

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11	Flex Day • 3 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 6-8 x 400 @ 5K or faster, walk/run 1:30 minute recovery between intervals • 1 mile cool down run	Run • 4.5 miles	Interval Workout • 1.5 mile warm up run • drills • strides • 2 x 10 minute @ slightly faster than tempo pace, 3 minute walk/run recovery between intervals • 1 mile cool down run	Recovery • OFF	Run • 4 miles • drills • strides	Run • 5.5 miles
12	Flex Day • 3 miles or OFF	Interval Workout • 1.5 mile warm up run • drills • strides • 8 x 200m @ mile pace, run/walk 2 minutes recovery between intervals • 1 mile cool down	Run • 4 miles	Tempo • 1.5 mile warm up run • drills • strides • 2 miles @ tempo pace • 1 mile cool down run	Recovery • OFF	Run • 4 miles • drills • strides	Run • 5 miles

Terms & Guidelines

If you are new to running it is suggested and encouraged that you alternate between walking and running until you can run continuously for the specified amount of time.

Run—Running for a specified amount of time or distance at a pace where you can have a conversation without having to take long pauses between words to breathe.

Drills—A series of exercises done to warm the body up and help improve running form. Examples are high knees, a-skips, b-skips, knee huge and lunge, and power-skips.

Strides—A stride is a controlled fast run for 15-30 seconds. They are done at the end of a run to help work on running form, or before a speed workout to help warm the body up. Start with 4 and build up to 8.

Flex Day—These are days where you can choose to take the day off and recover if you are tired, or if you are feeling good you can choose to do the short run prescribed for the day.

Recovery—during these days you should be resting from running. The purpose of a recovery day is to let your body heal and absorb the hard work you have been doing.

Warm up run—very easy run meant to warm the body up before a hard workout.

Cool down run—very easy run meant to flush out the workout and help bring the body back to a resting state.

Progression Run—For this type of workout you start out at your usual run pace and then drop the pace down each mile.

5k pace—This is the pace per mile you can run a 5k at. If your pace is 9:00 per mile for 5k and the workout calls for 5k pace run 9:00 mile pace for the designated interval distance.

1 mile pace—This is the time you can run one mile race in. If the interval says run 400m at 1 mile pace and you run 8:00 for the mile your 400m interval should be in 2 minutes.

Tempo—This is a paced interval that is faster than your regular run, but slower than your 5k time. You should not be able to speak in full sentences while running this pace.

Fartlek Run—A fartlek run is a continuous run in which you alternate between faster running and slower running. The faster portions are typically around your 5k race pace or a little faster and the easy parts are at your regular run effort.

Recovery between intervals—interval workout days will give an amount of time you should rest between intervals. You can jog this very slowly or walk or do a combination of both. You should begin the next interval once your rest time is up.

Time Trial—A time trial is a workout in which you run the specified distance as hard as you can, like you would in a race. Doing 1-2 of these during your training will allow you to see progress and help you know what pace to run your intervals at.