**6-Week Advanced**

**5K Training**

**Open Track Times:** 6:30am-8:45am and 3:00pm-4:00pm on Tuesdays and Thursdays

**Stretches:** Warm up by jogging 3-5 minutes before stretching and stretch after your workout when your muscles are warm.



**Strength Training:** Strength training can be floor exercises, resistance bands, free weights, machines, and/or yoga. Combining light weights with a high number of repetitions is better than pumping very heavy iron.

**Hydration/Nutrition:** Hydration, hydration, hydration. Don’t wait till you’re thirsty to hydrate your body. Drink water prior to working out. Your body also needs balanced nutrition. Top food choices for runners:

Bananas

Berries

Peanut butter

Broccoli

Low fat yogurt

Skim milk

Lean beef

Salmon

Oatmeal

Whole wheat pasta

**Week 1**

Monday: Cross train or rest.

Tuesday: 4 x 400 Interval workout. 4 hard 400 meters with a jogging or walking 400 recovery in between.

Wednesday: 4 mile run.

Thursday: 30 minutes with 5 to 10 minutes easy running followed by 15-20 minutes at a pace that is comfortably hard then follow with a 5 to 10 minute cooling down.

Friday: Rest.

Saturday: 5 mile run.

Sunday: 35 minutes at an easy comfortable pace.

**Week 2**

Monday: Cross train or rest.

Tuesday: 4 x 400 Interval workout. 4 hard 400 meters with a jogging or walking 400 recovery in between.

Wednesday: 4 mile run.

Thursday: 30 minutes with 5 to 10 minutes easy running followed by 15-20 minutes at a pace that is comfortably hard then follow with a 5 to 10 minute cooling down.

Friday: Rest.

Saturday: 6 mile run.

Sunday: 35 minutes at an easy comfortable pace.

**Week 3**

Monday: Cross train or rest.

Tuesday: 5 x 400 Interval workout. 5 hard 400 meters with a jogging or walking 400 recovery in between.

Wednesday: 5 mile run.

Thursday: 30 minutes with 5 to 10 minutes easy running followed by 15-20 minutes at a pace that is comfortably hard then follow with a 5 to 10 minute cooling down.

Friday: Rest.

Saturday: 7 mile run.

Sunday: 40 minutes at an easy comfortable pace.

**Week 4**

Monday: Cross train or rest.

Tuesday: 6 x 400 Interval workout. 6 hard 400 meters with a jogging or walking 400 recovery in between.

Wednesday: 5 mile run.

Thursday: 35 minutes with 5 to 10 minutes easy running followed by 15-20 minutes at a pace that is comfortably hard then follow with a 5 to 10 minute cooling down.

Friday: Rest.

Saturday: 8 mile run.

Sunday: 45 minutes at an easy comfortable pace.

**Week 5**

Monday: Cross train or rest.

Tuesday: 6 x 400 Interval workout. 6 hard 400 meters with a jogging or walking 400 recovery in between.

Wednesday: 5 mile run.

Thursday: 35 minutes with 5 to 10 minutes easy running followed by 15-20 minutes at a pace that is comfortably hard then follow with a 5 to 10 minute cooling down.

Friday: Rest.

Saturday: 9 mile run.

Sunday: 40 minutes at an easy comfortable pace.

**Week 6**

Monday: Cross train or rest.

Tuesday: 6 x 400 Interval workout. 6 hard 400 meters with a jogging or walking 400 recovery in between.

Wednesday: 5 mile run.

Thursday: 40 minutes with 5 to 10 minutes easy running followed by 15-20 minutes at a pace that is comfortably hard then follow with a 5 to 10 minute cooling down.

Friday: Rest.

Saturday: 8 mile run.

Sunday: 40 minutes at an easy comfortable pace.

**Race week:**

Monday: Cross train or rest.

Tuesday: 3 mile run.

Wednesday: 30 minute with 5 to 10 minutes easy running followed by 15-20 minutes at a pace that is comfortably hard then follow with a 5 to 10 minute cooling down.

Thursday: Rest.

Friday: Rest.

Saturday: 5K