

Advanced - 5K Training Routine and Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	6 x 880s (5K pace)	5 Miles	6 Miles	Fartlek (5K pace)	4 Miles	7 Miles
2	Rest	Fartlek (5 Miles)	5 Miles	6 Miles	6 Miles	4 Miles	7 Miles
3	4 Miles	6 x 880s (5K pace)	4 Miles	6 Miles	6-8 Hills (5K pace)	4 Miles	8 Miles
4	4 Miles	8 x 440s (5K pace)	4 Miles	7 Miles	5 Miles	4 Miles	8 Miles
5	4 Miles	6 x 880s (5K pace)	4 Miles	7 Miles	6-7 long hills (5K pace)	5 Miles	9 Miles
6	4 Miles	10 x 440s (5K pace)	4 Miles	7 Miles	6 Miles	4 Miles	10 Miles
7	4 Miles	8 x 880s (5K pace)	4 Miles	6 Miles	6-7 long hills (5K pace)	4 Miles	5K Race (Or 6 Miles)
8	4 Miles	7 Miles	4 Miles	6 Miles	6 x Fast 440s (5K minus 15 secs)	5 Miles	8 Miles
9	4 Miles	10 x 440s (5K pace)	4 Miles	7 Miles	8-10 hills (5K pace)	4 Miles	7 Miles
10	4 Miles	8 x Fast 440s (5K minus 15 secs)	4 Miles	7 Miles	7 Miles	4 Miles	5k Race (Or 6 Miles)
11	Rest	6 Miles	8-10 hills (5K pace)	6 Miles	12 x 440s (5K pace)	4 Miles	5 Miles
12	Rest	8 x 440s (5K pace)	5 Miles	Rest	5 Miles	4 Miles	Day of Race

Additional Information And Definitions

Runners who run 40 to 60 miles per week six to seven days per week, with at least four years of experience (and two years of racing experience). For men, 5K time is between 17:00 and 20:00, and 10K is between 34:00 and 40:00. For women, 5K time is between 19:00 and 22:00, and 10K is between 36:00 and 42:00.

Fartlek (for Speed and Pace) - Run at an moderate training pace then add in bursts of speed for various distances throughout the run. Vary the speed and times of the speed sections, from as short as 15 seconds to as long as two or three minutes. Between these bursts, allow yourself enough recovery time to match roughly 2/3 of the effort time.

Hills (for Strength) - Running hills is a form of speed work and are ideal for building strength and good form. Short hills should be steep enough to give you pause, but not so steep that your form falls apart. Look for inclines between 100 and 200 yards long. Long hills are excellent for developing strength, stamina, and confidence. Long hills should be about 1/4 mile long and not quite as steep as your short hills.

Tempo Runs (for Speed and Pace) - After your typical warmup routine (i.e. running at your easy training pace for at least ten minutes), pick up the pace. The increase in speed should be close to your 10K race pace (approximately 80%-85% of maximum heart rate). The time, distance and pace of your tempo run, as with all phases of your running, depends on both your ability and your goals. For the distance you choose (3 and 5 miles are popular tempo distances), find a pace that is not so fast that you cannot sustain it for the distance, but not so slow that you do not feel challenged toward the end. Tempo runs should be tough, but not impossible.

Intervals (for Speed) - Interval sessions are the most formal of the speed workouts because the distances and target paces are precisely defined before you run. The intent is to run a series of relatively short repetitions over distances from 220 yards to one mile, with rest periods of slower running in between. Interval training involves a shorter period of effort than your usual run (i.e. 45 minutes at a steady pace). This forces you to run much faster than you usually do, thus, requiring your body to adapt to the higher demands you are placing on it.

Long Runs (for Endurance) - Including "Long Runs" in your running routine produces significant benefits to your overall running endurance. During a long run your body will maintain an aerobic heart rate for an extended period of time and also use energy differently than on your shorter runs. If you plan on running a marathon in the future, then the 20-22 mile distance is where you want to build up to on your long runs. However, if you intend to run only 5k races, then a long run of 6 to 8 miles is sufficient. Long runs are excellent for developing cardiovascular endurance, muscular strength and mental toughness.

Easy Run (for Recovery) - The Easy run is one of the most important components of a good training program and it should not be overlooked. Too many runners, determined only to increase their speed and mileage, completely overlook the importance of the easy run; often running themselves into injury. Your body needs a chance to rest, so make sure that somewhere between those killer hill workouts and aggressive interval sessions you manage to squeeze in some recovery time (i.e. the Easy Run).

Advanced - 10K Training Routine and Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Fartlek (5 Miles)	5 Miles	6 Miles	6 Miles	4 Miles	7 Miles
2	Rest	6 x 880s (5K-10K pace)	5 Miles	6 Miles	Fartlek (5 Miles)	4 Miles	10 Miles
3	4 Miles	6 x 880s (5K-10K pace)	5 Miles	6 Miles	6-8 Hills (5K-10K pace)	4 Miles	9 Miles
4	4 Miles	8 x 440s (5K pace)	5 Miles	7 Miles	5 Miles	4 Miles	12 Miles
5	4 Miles	6 x 880s (5K-10K pace)	6 Miles	7 Miles	5-6 Long Hills (5K-10K pace)	4 Miles	10 Miles
6	4 Miles	10 x 440s (5K pace)	6 Miles	7 Miles	6 Miles	4 Miles	14 Miles
7	5 Miles	8 x 880s (5K-10K pace)	7 Miles	8 Miles	6-7 long hills (5K pace)	2 Miles	5K race (Or 6 Miles)
8	4 Miles	6 Miles	7 Miles	6 Miles	6 x Fast 440s (5K minus 15 secs)	4 Miles	10 Miles
9	4 Miles	12 x 440s (5K pace)	6 Miles	7 Miles	8-10 hills (5K-10K pace)	2 Miles	10K race (Or 8 Miles)
10	4 Miles	7 Miles	5 Miles	7 Miles	8 x 880s (5K-10K pace)	4 Miles	10 Miles
11	Rest	8 x Fast 440s (5K minus 15 secs)	6 Miles	6 Miles	8 x 880s (5K minus 15 secs)	4 Miles	7 Miles
12	Rest	8 x 440s (5K pace)	3 Miles	5 Miles	Rest	2 Miles	Day of Race

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Fartlek (for Speed and Pace) - Run at an moderate training pace then add in bursts of speed for various distances throughout the run. Vary the speed and times of the speed sections, from as short as 15 seconds to as long as two or three minutes. Between these bursts, allow yourself enough recovery time to match roughly 2/3 of the effort time.

Hills (for Strength) - Running hills is a form of speed work and are ideal for building strength and good form. Short hills should be steep enough to give you pause, but not so steep that your form falls apart. Look for inclines between 100 and 200 yards long. Long hills are excellent for developing strength, stamina, and confidence. Long hills should be about 1/4 mile long and not quite as steep as your short hills.

Tempo Runs (for Speed and Pace) - After your typical warmup routine (i.e. running at your easy training pace for at least ten minutes), pick up the pace. The increase in speed should be close to your 10K race pace (approximately 80%-85% of maximum heart rate). The time, distance and pace of your tempo run, as with all phases of your running, depends on both your ability and your goals. For the distance you choose (3 and 5 miles are popular tempo distances), find a pace that is not so fast that you cannot sustain it for the distance, but not so slow that you do not feel challenged toward the end. Tempo runs should be tough, but not impossible.

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Long Runs (for Endurance) - Including "Long Runs" in your running routine produces significant benefits to your overall running endurance. During a long run your body will maintain an aerobic heart rate for an extended period of time and also use energy differently than on your shorter runs. If you plan on running a marathon in the future, then the 20-22 mile distance is where you want to build up to on your long runs. However, if you intend to run only 5k races, then a long run of 6 to 8 miles is sufficient. Long runs are excellent for developing cardiovascular endurance, muscular strength and mental toughness.

Easy Run (for Recovery) - The Easy run is one of the most important components of a good training program and it should not be overlooked. Too many runners, determined only to increase their speed and mileage, completely overlook the importance of the easy run; often running themselves into injury. Your body needs a chance to rest, so make sure that somewhere between those killer hill workouts and aggressive interval sessions you manage to squeeze in some recovery time (i.e. the Easy Run).

Advanced - Half Marathon Training Routine and Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 Mile	Fartlek (6 Mile)	4 Mile	6 Mile	4 Mile	3 Mile	10 Mile
2	3 Mile	Fartlek (6 Mile)	4 Mile	7 Mile	4 Mile	3 Mile	10 Mile
3	3 Mile	6-7 Hills (5K-10K pace)	4 Mile	7 Mile	4 Mile	3 Mile	12 Mile
4	3 Mile	6-7 Long Hills (5K-10K pace)	4 Mile	10 Mile	4 Mile	3 Mile	10 Mile
5	3 Mile	8 x 880s (5K-10K pace)	4 Mile	8 Mile	4 Mile	3 Mile	12 Mile
6	Rest	4 x Mile (5K-10K pace)	4 Mile	10 Mile	6 Mile	3 Mile	10 Mile
7	3 Mile	10 x 880 (5K-10K pace)	4 Mile	9 Mile	5 Mile	3 Mile	14 Mile
8	Rest	5 x Mile (5K-10K pace)	5 Mile	10 Mile	7 Mile	3 Mile	10K Race (or 12 Mile run)
9	3 Mile	10 x 880s (5K-10K pace)	4 Mile	9 Mile	6 Mile	3 Mile	15 Mile
10	Rest	10 x 880s (5K-10K pace)	5 Mile	10 Mile	7 Mile	3 Mile	15 Mile
11	3 Mile	8 Mile	4 Mile	8 Mile	6 Mile	3 Mile	10 Mile
12	Rest	6 Mile	5 Mile	8 Mile	5 Mile	3 Mile	Day of Race

Additional Information And Definitions

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Fartlek (for Speed and Pace) - Run at an moderate training pace then add in bursts of speed for various distances throughout the run. Vary the speed and times of the speed sections, from as short as 15 seconds to as long as two or three minutes. Between these bursts, allow yourself enough recovery time to match roughly 2/3 of the effort time.

Hills (for Strength) - Running hills is a form of speed work and are ideal for building strength and good form. Short hills should be steep enough to give you pause, but not so steep that your form falls apart. Look for inclines between 100 and 200 yards long. Long hills are excellent for developing strength, stamina, and confidence. Long hills should be about 1/4 mile long and not quite as steep as your short hills.

Tempo Runs (for Speed and Pace) - After your typical warmup routine (i.e. running at your easy training pace for at least ten minutes), pick up the pace. The increase in speed should be close to your 10K race pace (approximately 80%-85% of maximum heart rate). The time, distance and pace of your tempo run, as with all phases of your running, depends on both your ability and your goals. For the distance you choose (3 and 5 miles are popular tempo distances), find a pace that is not so fast that you cannot sustain it for the distance, but not so slow that you do not feel challenged toward the end. Tempo runs should be tough, but not impossible.

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Advanced - Marathon Training Routine and Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 Mile	6 Mile	4 Mile	6 Mile	4 Mile	3 Mile	10 Mile
2	3 Mile	Fartlek (6 Mile)	4 Mile	7 Mile	4 Mile	3 Mile	12 Mile
3	3 Mile	Fartlek (6 Mile)	4 Mile	7 Mile	4 Mile	3 Mile	14 Mile
4	3 Mile	6-7 Hills (5K-10K pace)	4 Mile	10 Mile	4 Mile	3 Mile	10 Mile
5	3 Mile	4 x Mile (5K-10K pace)	4 Mile	8 Mile	4 Mile	3 Mile	16 Mile
6	Rest	6-7 Long Hills (5K-10K pace)	4 Mile	10 Mile	6 Mile	3 Mile	8 Mile
7	3 Mile	8 x 880s (5K-10K pace)	4 Mile	9 Mile	5 Mile	3 Mile	18 Mile
8	Rest	7-8 Hills (5K-10K pace)	5 Mile	10 Mile	7 Mile	3 Mile	9 Mile
9	3 Mile	10 x 880 (5K-10K pace)	4 Mile	9 Mile	6 Mile	3 Mile	20 Mile
10	Rest	4 x Mile (5K-10K pace)	5 Mile	10 Mile	7 Mile	3 Mile	10 Mile
11	3 Mile	7-8 Long Hills (5K-10K pace)	4 Mile	10 Mile	6 Mile	3 Mile	22 Mile
12	Rest	5 x Mile (5K-10K pace)	5 Mile	10 Mile	7 Mile	3 Mile	10K Race (Or 12 Mile)
13	3 Mile	10 x 880s (5K-10K pace)	5 Mile	10 Mile	6 Mile	3 Mile	24 Mile
14	Rest	10 x 880s (5K-10K pace)	5 Mile	5 x Mile (5K-10K pace)	6 Mile	3 Mile	10K Race (Or 12 Mile)
15	3 Mile	6 x Mile (5K-10K pace)	5 Mile	10 Mile	6 Mile	3 Mile	26 Mile
16	Rest	10 x 880s (5K-10K pace)	5 Mile	6 x Mile (5K-10K pace)	6 Mile	3 Mile	10K Race (Or 12 Mile)
17	3 Mile	12 x 880s (5K-10K pace)	5 Mile	10 Mile	6 Mile	3 Mile	28 Mile
18	Rest	Fartlek (6 Mile)	5 Mile	9 Mile	6 Mile	3 Mile	15 Mile
19	3 Mile	Fartlek (6 Mile)	5 Mile	8 Mile	6 Mile	3 Mile	10 Mile
20	3 Mile	Fartlek (6 Mile)	5 Mile	7 Mile	Rest	3 Mile	Day of Race

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