



5K Experienced Runner Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4/26	Rest	3 m run	4 x 400 race pace	3 m run	Rest	3 m run	5 m run
5/3	Rest	3 m run	30 min tempo run	3 m run	Rest	3 m run	5 m run
5/10	Rest	3 m run	5 x 400 race pace	3 m run	Rest	3 m run	5 m run
5/17	Rest	3 m run	30 min tempo run	3 m run	Rest	3 m run	5 m run
5/24	Rest	3 m run	5 x 400 race pace	3 m run	Rest	3 m run	6 m run
5/31	Rest	3 m run	3 min tempo run	3 m run	Rest	3 m run	6 m run
6/7	Rest	3 m run	6 x 400 race pace	3 m run	Rest	4 m run	6 m run
6/14	Rest	3 m run	35 min tempo run	3 m run	Rest	4 m run	6 m run
6/21	Rest	3 m run	7 x 400 race pace	3 m run	Rest	4 m run fast	7 m run
6/28	Rest	3 m run	40 min tempo run	3 m run	Rest	5 m run	7 m run
7/5	Rest	3 m run	8 x 400 race pace	3 m run	Rest	5 m run	7 m run
7/12	Rest	2 m run	30 min tempo run	Rest	Rest	Race Day	