

Advanced 5K Plan

Free one-page sample

A focused 8-week 5K build for experienced runners who want sharper specific work, stronger control, and a cleaner race-day finish. This sample shows the rhythm of the week, the flavour of the sessions, and the kind of runner the plan is written for.

Distance: 5K	Level: Advanced	Duration: 8 weeks
Weekly load: 150-270 minutes across four to five runs per week		
Longest run: Up to 80 minutes		

Who it is for

- Experienced runners already comfortable with four to five runs per week and regular training structure.
- Athletes who want sharper 5K-specific work without turning the whole week into noise.
- People who care about race control, composure, and a cleaner finish rather than flashy training days.

Typical week rhythm

Monday / Friday	Rest, mobility, or optional easy support running used only when it helps the block.
Tuesday	Primary specific session: threshold support, longer reps, or sharper aerobic work.
Wednesday / Saturday	Easy support running that keeps rhythm without crowding recovery.
Thursday	Sustained 5K-support work that teaches race control.
Sunday	Longer aerobic running with steady finishes that keep durability underneath the speed.

Three real sessions from the plan

Week 1 Tue	45 min, RPE 6	6 x 3 min strong aerobic with 75 sec easy jog.
Week 5 Thu	45 min, RPE 6-7	4 x 3 min at 5K effort with 90 sec easy between.
Week 7 Tue	50 min, RPE 6-7	4 x 5 min strong aerobic, then 4 x 45 sec controlled.

Inside the full PDF

- Full 8-week day-by-day schedule with duration, RPE, and notes for every session.
- RPE guide, glossary, specific-work progression, and practical session descriptions.
- Strength routines, fueling principles, taper guidance, and adjustment notes.

What this plan emphasizes: Specific work with control, repeatable weeks, and a calmer route to a sharper race-day performance.

Full plan: Visit [the Advanced 5K Plan page](#)