

5K-ADVANCED

Your goal: To improve your speed over the 5K distance.

Prerequisite: You've been running at least 3 times per week for at least 4 weeks, or have completed the equivalent of a beginner's 5K or 10K training program.

Schedule: 4-5 days per week for 6 weeks

*All minute repeats should include equal minute recovery before starting the next interval

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
week 1	20 min: easy run	40 min: *6x1 min @ RPE** 3-5, 4x2 min @ RPE** 3-5	25 min: easy run	40 min: easy run	Rest	45-55 min: easy run	Rest
week 2	35 min: easy run with hills	25 min: easy run	45 min: *6x2 min @ RPE** 3-5, 3x3 min @ RPE** 3-4	25 min: easy run	45 min: easy run	Rest	60-65 min: easy run
week 3	20 min: easy run	45 min: easy run w/hills	Rest	50 min: *4x3 min @ RPE** 4-5, 4x4 min @ RPE**3-5	20 min: easy run	75 min: Finish w/6x20 sec stride	Rest
week 4	35-40 min: easy run w/hills	30 min: easy run	60 min: *4-3-2-1-2-3-5 min @ RPE** 3-5	30 min: easy run	Rest	60-70 min: easy run	Rest
week 5	40 min: 20 min @ RPE** 4-5	30 min: easy run	Rest	40 min: *6x3 min @ RPE** 3-5	15-20 min: easy run with strides (6x100m)	50-55 min: easy run	Rest
week 6	25 min: easy run	35 min: *6x2 min pick-up @ 5k race pace	25 min: easy run	30 min: easy run w/6x30 sec stride	Rest	15 min: easy run	5K Race

RPE (PERCEIVED EFFORT SCALE)**

To reap the most cardiovascular benefits from your workout, it's important to gauge the intensity of different activity. The Perceived Effort Scale is a system developed to effectively communicate your response to a specific training session or race challenge. It's based on your feeling of physical stress and it matches that feeling to a numbered scale.

For example, if a hypothetical plan calls for you to run 5 miles with 4 x 2 minutes at an RPE of 3 to 4, that means warm up for 10 minutes and then slowly build your speed until you begin to feel your breathing get deeper. Hold this feeling for 2 minutes and then slow down and run easy for another 5 minutes and repeat. Anyone can use RPE to effectively gauge exercise intensity.

RPE	Degree of Challenge	Rate of Breathing	Ability to Breathe
1.0	very light		
2.0	light	very easy	very comfortable
3.0	moderate	comfortable	easy / moderate
4.0	somewhat strong	steady rhythm	somewhat difficult
5.0	strong	deep but steady	difficult
6.0	strong to very strong		difficult to very difficult
7.0	very strong	deep and rapid	very difficult
8.0	very very strong	very deep and rapid	extremely difficult
9.0	near maximum	nearly breathless	almost impossible
10.0	maximum	breathlessness	impossible

The Modified Borg-Noble Intensity Scale, from *The 10-Minute L.E.A.P.*, Regan Press, 1998, P.28