



# WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



## ADVANCED 5K TRAINING SCHEDULE



GEHA.

### WEEK 1:

- DAY 1:** RDay 1: 40 minutes Cross Training and stretch
- DAY 2:** 25 minutes Tempo Run plus three hill repeats
- DAY 3:** 4 miles Easy Run and stretch
- DAY 4:** 10 min @ 5K effort-repeat 3 times and stretch
- DAY 5:** Rest
- DAY 6:** 6 miles Long Run and stretch
- DAY 7:** 3 miles Easy Run and stretch

### WEEK 2:

- DAY 1:** 40 min Cross Training and stretch
- DAY 2:** 3 x 1-mile: (1-Easy; 2-5k pace; 3-fast pace) with 10-min. Warm-up and Cool down/Stretch
- DAY 3:** 30 min Cross Training and stretch
- DAY 4:** Middle Distance Ladder 400-600-800-600-400 with 100 walk/jog in between and stretch
- DAY 5:** Rest
- DAY 6:** 6 miles Long Run and stretch
- DAY 7:** 3 miles Easy Run and stretch

### WEEK 3:

- DAY 1:** 40 min Cross Training and stretch
- DAY 2:** 30 min Tempo Run plus 4 hill repeats and stretch
- DAY 3:** 4 miles Easy Run and stretch
- DAY 4:** 5 long hills @ 5k pace, jog down to recover with 1-mile warm-up & cool down/Stretch
- DAY 5:** Rest
- DAY 6:** 7 miles Long Run and stretch
- DAY 7:** 3 miles Easy Run and stretch

### WEEK 4:

- DAY 1:** RDay 1: 40 min Cross Training and stretch
- DAY 2:** 6x800 @ 5k pace with 1-mile recovery jog cool down and stretch
- DAY 3:** 30 min Cross Training and stretch
- DAY 4:** Speed Ladder 100-200-300-400-300-200-100 with 100 walk/jog in between and stretch
- DAY 5:** Rest
- DAY 6:** 5 miles Long Run (within 2 minutes of 5K pace) and stretch
- DAY 7:** 3 miles Easy Run and stretch

### WEEK 5:

- DAY 1:** RDay 1: 40 min Cross Training and stretch
- DAY 2:** 25 min Tempo Run + 4 hill repeats and stretch
- DAY 3:** 30 min Cross Training and stretch
- DAY 4:** Distance Ladder 800, 600, 400, 200 at 5k pace with easy 200 jog in between and stretch
- DAY 5:** Rest
- DAY 6:** 5 miles Long Run (within 2 minutes of 5K pace) and stretch
- DAY 7:** 3 miles Easy Run/Walk and stretch

### WEEK 6:

- DAY 1:** 30 min Cross Training and stretch
- DAY 2:** 5 mile Easy Run and stretch
- DAY 3:** 30 min Tempo Run and stretch
- DAY 4:** 400, 200, 100, 400 @ 5k pace with easy 100 jog in between and stretch
- DAY 5:** 3 miles Easy Run and stretch
- DAY 6:** Rest
- DAY 7:** 5K Race! Run 3.1 miles