



Advanced 5km programme

This programme is for you if you consider yourself to be an advanced runner. You will probably have completed races before, perhaps following the Bupa beginner and intermediate training programmes.

One km is equivalent to 0.6 miles. For this training programme, distances in miles have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	3 miles (5km) easy or rest	Rest	5 miles (8km) easy	5 miles (8km) fartlek	Rest	3 miles (5km) steady	5 miles (8km) long run
Week 2	3 miles (5km) steady or rest	Intervals 3 × 1km <i>(500m recovery run between sets)</i>	5 miles (8km) easy	4 miles (6km) steady	Rest	3 miles (5km) steady	5 miles (8km) long run
Week 3	3 miles (5km) steady or rest	Intervals 3 × 1200m <i>(600m recovery run between sets)</i>	5 miles (8km) easy	Hills 6 × 60 secs	Rest	3 miles (5km) steady	6 miles (10km) long run
Week 4	Rest	4 miles (6km) fartlek	5 miles (8km) easy	Constant speed 2 × 10 mins <i>(5 mins recovery run between sets)</i>	Rest	3 miles (5km) easy	3 miles (5km) time trial
Week 5	3 miles (5km) steady or rest	Intervals 4 × 800m <i>(400m recovery run between sets)</i>	6 miles (10km) easy	Hills 5 × 90 secs	Rest	3 miles (5km) steady	6 miles (10km) long run
Week 6	3 miles (5km) steady or rest	Intervals 8 × 400m <i>(200m recovery run between sets)</i>	6 miles (10km) easy	Constant speed 2 × 15 mins <i>(5 mins recovery run between sets)</i>	Rest	3 miles (5km) steady	6 miles (10km) long run
Week 7	3 miles (5km) steady or rest	Intervals 4 × 1km <i>(500m recovery run between sets)</i>	6 miles (10km) easy	Hills 5 × 2 mins	Rest	3 miles (5km) easy	6 miles (10km) long run
Week 8	Rest	Intervals 5 × 800m <i>(400m recovery run between sets)</i>	6 miles (10km) easy	Constant speed 3 × 8 mins <i>(4 mins recovery run between sets)</i>	Rest	3 miles (5km) easy	6 miles (10km) long run

Continued on next page

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	3 miles (5km) steady or rest	Intervals 400m (200m), 800m (400m), 1km (500m), 1km (500m), 800m (400m), 400m	5 miles (8km) easy	Hills 7 x 60 secs	Rest	3 miles (5km) steady	5 miles (8km) long run
Week 10	3 miles (5km) steady or rest	Intervals 10 x 400m (400m recovery run between sets)	5 miles (8km) easy	Constant speed 5 mins (3 mins recovery run) 10 mins (5 mins recovery run) 5 mins	Rest	3 miles (5km) race pace	5 miles (8km) easy
Week 11	3 miles (5km) steady or rest	Intervals 1 mile (2km) 800m (800m), 400m (400m), 200m (200m)	5 miles (8km) easy	Constant speed 3 x 5 mins (3 mins recovery run between sets)	Rest	4 miles (6km) steady	3 miles (5km) race pace
Week 12	3 miles (5km) easy or rest	Rest	5 miles (8km) steady	3 miles (5km) easy	Rest	15 to 20 mins very light jog or rest day	5 km RACE



Notes

