

5K RUNNING PLAN











THIS IS A 9-WEEK PLAN FOR AN ADVANCED RUNNER. NINE WEEKS IS THE MINIMUM LENGTH FOR 5K DISTANCE PLANS.

POLAR.	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	 Easy jog 30 min		 Interval 45 min		 Easy jog 30 min	 Medium run 30 min	 Long run 50 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)		 Core	
WEEK 2	 Easy jog 30 min		 Interval 45 min		 Easy jog 30 min	 Medium run 30 min	 Long run 55 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			
WEEK 3	 Easy jog 30 min		 Interval 45 min		 Easy jog 30 min	 Medium run 30 min	 Long run 50 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			
WEEK 4	 Easy jog 30 min		 Interval 50 min		 Easy jog 30 min	 Medium run 30 min	 Long run 1h 5 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			

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POLAR.	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	 Easy jog 30 min		 Interval 50 min		 Easy jog 30 min	 Medium run 35 min	 Long run 1h 10 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)		 Core	
WEEK 6	 Easy jog 30 min		 Interval 45 min		 Easy jog 30 min	 Medium run 30 min	 Long run 60 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			
WEEK 7	 Easy jog 30 min		 Interval 50 min		 Easy jog 35 min	 Medium run 35 min	 Long run 1 h 10 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			
WEEK 8	 Easy jog 30 min		 Interval 40 min		 Easy jog 30 min	 Medium run 35 min	 Long run 50 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			

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POLAR.	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9	 Easy jog 30 min		 Interval 40 min		 Medium run 30 min		 Easy jog 30 min
HR ZONES							
SUPPORTIVE EXERCISE		 Mobility (static)	 Mobility (dynamic)				
WEEK 10	RACE DAY <p style="text-align: center;">ENJOY YOURSELF, CELEBRATE ALL THE HARD WORK YOU DID AND REWARD YOURSELF!</p>						