

# Best 5k

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 8	XT or Rest	SI: 4 x 400 Meters	XT	3 Miles E	Rest	2 Miles E	3.5 Miles LR
Week 7	XT or Rest	SI: 5 x 400 Meters	XT	1 Mile T	Rest	2 Miles E	4 Miles LR
Week 6	XT or Rest	3 Miles E	XT	1.5 Miles T	Rest	2.5 Miles E	4 Miles LR
Week 5	XT or Rest	SI: 2 x 800 Meters + 2 x 200 Meters	XT	1.5 Miles T	Rest	2.5 Miles E	4.5 Miles LR
Week 4	XT or Rest	SI: 6 x 400 Meters	XT	3.5 Miles E	Rest	3 Miles E	5 Miles LR
Week 3	XT or Rest	4 Miles E	XT	2 Miles T	Rest	3 Miles E	6 Miles LR
Week 2	XT or Rest	SI: 3 x 800 Meters + 2 x 200 Meters	XT	1 Mile T	Rest	3 Miles E	5 Miles LR
Race Week	XT or Rest	SI: 4 x 400 Meters	XT	3 Miles E	Rest	5K RACE!	

With a 5k (or three) logged in your running journal, you are no longer content with just crossing the finish line. You want to do so feeling stronger than before.

Before diving into the plan above, you should be running three to four days per week and able to handle a continuous run of 3.5 miles. The plan takes training up a notch, incorporating higher intensity workouts, to set you up for your best 5k yet.