

Fastest 5k

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 8	XT or Rest	SI: 6 x 400 Meters	XT	1 Mile T	Rest	3 Miles E	4.5 Miles LR
Week 7	XT or Rest	SI: 2 x 800 Meters + 2 x 400 Meters	XT	1.5 Miles T	Rest	3 Miles E	5 Miles LR
Week 6	XT or Rest	SI: 7 x 400 Meters	XT	1.5 Miles T	Rest	3 Miles E	5 Miles LR w/ SF
Week 5	XT or Rest	SI: 3 x 800 Meters + 2 x 200 Meters	XT	4 Miles E	Rest	4 Miles E	6 Miles LR
Week 4	XT or Rest	SI: 8 x 400 Meters	XT	2 Miles T	Rest	4 Miles E	6.5 Miles LR w/ SF
Week 3	XT or Rest	4 Miles E	XT	2 Miles T	Rest	4 Miles E	7 Miles LR
Week 2	XT or Rest	SI: 10 x 400 Meters	XT	2.5 Miles T	Rest	4 Miles E	6 Miles LR w/ SF
Race Week	XT or Rest	SI: 5 x 400 Meters	XT	3 Miles E	Rest	5K RACE!	

As a veteran of road racing, you're looking to peak at your next 5k. With countless races under your fuel belt, you're ready to put the hammer down. This training plan will challenge you and improve both your endurance and speed with quality runs focused on setting you up for a PR.

You should be running at least four days a week, be comfortable completing a 4-mile run and have some experience with higher-intensity training. If you are used to higher weekly mileage, feel free to add miles on easy days or to warm ups and cool downs as you wish. ■