ADVANCED 5k + 10k

TRIPLE THREAT RUNNING

5k RACE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	WARM UP: 5 MIN EASY JOG FIND A HILL AROUND 1/10 - 1/2 A MILE LONG AND RUN HILL REPEATS FOR 3 MILES. JOG UP AT STEADY PACE, RECOVER DOWN HILL AND REPEAT.	UPPER BODY • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.25 MILE FAST, RECOVER FOR 0.25 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	LOWER BODY	ABS • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 4 MILES.	DAY OFF/STRETCH
WEEK 2	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 3.25 MILES.	CORE • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.5 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	TOTAL BODY	ABS • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 4.25 MILES.	DAY OFF/STRETCH
WEEK 3	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 3.5 MILES.	UPPER BODY • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.25 MILE FAST, RECOVER FOR 0.25 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	LOWER BODY	CORE • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 4.5 MILES.	DAY OFF/STRETCH
WEEK 4	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 3.75 MILES.	CORE • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.75 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	TOTAL BODY	LOWER BODY • WARM UP: 5 MIN EASY JOG 3.5 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 4.75 MILES.	DAY OFF/STRETCH
WEEK 5	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 4 MILES.	ABS • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.75 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	UPPER BODY	TOTAL BODY • WARM UP: 5 MIN EASY JOG 3.5 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 5 MILES.	DAY OFF/STRETCH
WEEK 6	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 4 MILES.	CORE • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 1 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	TOTAL BODY	ABS • WARM UP: 5 MIN EASY JOG 3.75 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 5.25 MILES.	DAY OFF/STRETCH
WEEK 7	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 4 MILES.	UPPER BODY • WARM UP: 5 MIN EASY JOG 3.5 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 1 MILE FAST, RECOVER FOR 0.25 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	LOWER BODY	CORE • WARM UP: 5 MIN EASY JOG 3.5 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 5.5 MILES.	DAY OFF/STRETCH
WEEK 8	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 4 MILES.	TOTAL BODY • WARM UP: 5 MIN EASY JOG 3.5 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 1.25 MILE FAST, RECOVER FOR 0.25 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	UPPER BODY	ABS • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 4.5 MILES.	DAY OFF/STRETCH
WEEK 9	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 3 MILES.	LOWER BODY • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN.	CORE	DAY OFF	5K RACE	DAY OFF/STRETCH

10k RACE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	WARM UP: 5 MIN EASY JOG FIND A HILL AROUND 1/10 - 1/2 A MILE LONG AND RUN HILL REPEATS FOR 3 MILES. JOG UP AT STEADY PACE, RECOVER DOWN HILL AND REPEAT.	UPPER BODY • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.25 MILE FAST, RECOVER FOR 0.25 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	LOWER BODY	ABS • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 4 MILES.	DAY OFF/STRETCH
WEEK 2	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 3.25 MILES.	CORE • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.5 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 3 MILES OF RUNNING.	TOTAL BODY	ABS • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 4.5 MILES.	DAY OFF/STRETCH
WEEK 3	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 3.5 MILES.	UPPER BODY • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.5 MILE FAST, RECOVER FOR 0.25 MILE AND REPEAT FOR A TOTAL OF 3.5 MILES OF RUNNING.	LOWER BODY	CORE • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 5 MILES.	DAY OFF/STRETCH
WEEK 4	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 3.75 MILES.	TOTAL BODY • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.75 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 3.5 MILES OF RUNNING.	ABS	LOWER BODY • WARM UP: 5 MIN EASY JOG 3.5 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 5.25 MILES.	DAY OFF/STRETCH
WEEK 5	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 4 MILES.	UPPER BODY • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 0.75 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 3.5 MILES OF RUNNING.	TOTAL BODY	TOTAL BODY • WARM UP: 5 MIN EASY JOG 3.5 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 5.5 MILES.	DAY OFF/STRETCH
WEEK 6	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 4.25 MILES.	CORE • WARM UP: 5 MIN EASY JOG 3.25 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 1 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 3.5 MILES OF RUNNING.	TOTAL BODY	CORE • WARM UP: 5 MIN EASY JOG 3.75 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 5.75 MILES.	DAY OFF/STRETCH
WEEK 7	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 4.5 MILES.	UPPER BODY • WARM UP: 5 MIN EASY JOG 3.5 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 1 MILE FAST, RECOVER FOR 0.25 MILE AND REPEAT FOR A TOTAL OF 3.5 MILES OF RUNNING.	LOWER BODY	CORE • WARM UP: 5 MIN EASY JOG 3.75 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 6 MILES.	DAY OFF/STRETCH
WEEK 8	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 4.75 MILES.	TOTAL BODY • WARM UP: 5 MIN EASY JOG 3.5 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 1.25 MILE FAST, RECOVER FOR 0.25 MILE AND REPEAT FOR A TOTAL OF 3.75 MILES OF RUNNING.	UPPER BODY	ABS • WARM UP: 5 MIN EASY JOG 4 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 6.25 MILES.	DAY OFF/STRETCH
WEEK 9	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 5 MILES.	LOWER BODY • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 1.5 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 3.75 MILES OF RUNNING.	CORE	ABS • WARM UP: 5 MIN EASY JOG 4 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 6.5 MILES.	DAY OFF/STRETCH
WEEK 10	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 5.25 MILES.	ABS • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 1.5 MILE FAST, RECOVER FOR 0.5 MILE AND REPEAT FOR A TOTAL OF 4 MILES OF RUNNING.	TOTAL BODY	CORE • WARM UP: 5 MIN EASY JOG 4.25 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 6.5 MILES.	DAY OFF/STRETCH
WEEK 11	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 5 MILES.	LOWER BODY • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG SPEED WORK - RUN 1.5 MILE FAST, RECOVER FOR 0.25 MILE AND REPEAT FOR A TOTAL OF 4 MILES OF RUNNING.	UPPER BODY	ABS • WARM UP: 5 MIN EASY JOG 4 MILE EASY RUN	WARM UP = 5 MINUTE EASY JOG RUN FOR 6.25 MILES.	DAY OFF/STRETCH
WEEK 12	WARM UP: 5 MIN EASY JOG RUN HILL REPEATS FOR 4.5 MILES.	TOTAL BODY • WARM UP: 5 MIN EASY JOG 3 MILE EASY RUN	WARM UP: 5 MIN EASY JOG EASY RUN FOR 3.5 MILES.	STRETCH	DAY OFF	10K RACE	DAY OFF/STRETCH

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