



## 5K Training Plan ADVANCED

Courtesy of Scott Young

Triscottyoung.com

*Former professional triathlete*

*Head coach of the Nevada Triathlon Club Team*

*ITCA Certified*

*USAT Level One Coach*

### Training Zones

Zone 1 Warm-up and cool-down pace 50 to 65% (of maximum effort)

Zone 2 General Conditioning 65 –80% (Aerobic Pace)

Zone 3 Tempo Pace 80 –90% (10k to 5k pace )

Zone 4 Anaerobic pace 90-95 % (5k to 1 mile pace )

Zone 5 Speed 95-100% (1 mile to 800m pace)

### Week 1

Mon.

OFF

Tues.

Run 1 hour

15 min warmup

10x1:30 zone 4 w/ 1:30 recovery after each

ez cool down

Wed.

Run 45 min. zone 1-2

Thurs.

Run 1 hour

2x12 min zone 3 w/ 6 min ez after each

ez cool down

Fri.

Run 45 min. zone 1-2

Sat.

Crosstrain 45 min zone 1-2

Sun.

Run 1:10:00 zone 1-2

## **Week 2**

Mon.

OFF

Tues.

Run 1 hr.

15 min warmup

3x1 mile repeats @ zone 3-4

w/3 min.ez after each

ez cool down

Wed.

Run 45 min zone 1-2

Thurs.

Run 1 hour

15 min warm up

3x8 min zone 3 w/ 2 min ez after each

Fri.

Run 45 min zone 1-2

Sat.

Crosstrain 45 min

Sun.

Run 1:20 zone 1-2

## **Week 3**

Mon.

OFF

Tues.

Run 1 hr.

15 min warm up

6x800m w/ 3 min ez after each

ez cool down

Wed.  
Run 45 min zone 1-2

Thurs.  
Run 1 hr.

Fri.  
Run 45 min zone 1-2

Sat.  
45 min crosstrain

Sun.  
Run 1:30 zone 1-2

#### **Week 4**

Mon.  
OFF

Tues.  
Run 1 hour  
15 min warm up  
12x1:30 @ zone 4 w/1:30 ez  
ez cool down

Wed.  
Run 45 min. zone 1-2

Thurs.  
Run 1 hour  
15 min warm up  
2x15 min zone 3-4 w/5 min easy after each  
easy cooldown

Fri.  
Run 45 min zone 1-2

Sat.  
45 min crosstrain

Sun.  
Run 1:20:00 zone 1-2

## **Week 5**

Mon.  
OFF

Tues.  
Run 1 hour  
15 min warm up  
5x1k (1000m) @ zone 4 w/3 min ez after each  
ez cooldown

Wed.  
Run 45 min zone 1-2

Thurs.  
Run 1 hour  
15 min warmup  
3x9 min zone 3-4 w/3 min ez after each  
ez cooldown

Fri.  
Run 45 min zone 1-2

Sat.  
Run 45 min w/2 miles @ race pace  
Ez cooldown

Sun.  
Run 1:10:00 zone 1-2

## **Week 6**

Mon.  
OFF

Tues.  
Run 1 hour  
15 min warm up  
16x200m zone 4-5 w/1 min ez after each  
ez cool down

Wed.  
Run 45 min zone 1-2

Thurs.  
Run 1 hour  
15 min warmup  
4x8 min zone 3 w/ 2 min ez after each  
ez cool down

Fri.  
Run 45 min zone 1-2

Sat.  
Run 50 min w/3 miles @ race pace  
Ez cool down

Sun  
Run 1 hour zone 1-2

**Week 7 (Race Week)**

Mon.  
OFF

Tues.  
Run 45 min  
15 min warm up  
3x5 min @ zone 4 w/ 5 min ez  
ez cool down

Wed.  
Run 45 min zone 1-2

Thurs.  
Run 40 min w/5x1 min @ zone 5 w/1 min recovery after each

Fri..  
OFF

Sat.  
Run 20-30 min easy

Sun **(RACE DAY GOOD LUCK and HAVE FUN!!!)**