

NYRR 5K TRAINING PLAN ADVANCED (12 WEEKS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Miles/wk (nearest mile)
	Easy run or day off	Speedwork	Easy run/day off/cross-train	Tempo run	Easy run or day off	Easy run with drills and strides	Long run	
1	3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides¹ • 8x400 meters at 5K goal pace w/200-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 3-4 miles easy, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 1:00 per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 4x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 5-6 miles easy • 5-10:00 strength training (optional) 	17-25
	0-3	4.5	0-4	5	0	2.5	5-6	
2	3-4 miles easy, 25:00 cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 6x800 meters at 5K goal pace w/400-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 4 miles easy, 30:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 50 seconds per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy • 6x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 5-7 miles easy-to-moderate • 5-10:00 strength training (optional) 	23-32
	3-4	6.5	0-4	5	0-3	2.75	5-7	
3	3-4 miles easy or 25:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 6x400 meters uphill at Level 8 RPE² w/jog-down recoveries • 1 mile easy • 5-10:00 strength training 	Choose one: 4-5 miles easy, 30:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4 miles at 1:00 per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 7-8 miles easy • 5-10:00 strength training (optional) 	21-31
	0-4	5	0-5	6	0	3	7-8	
4	4-5 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4x600 meters at 30 seconds per mile faster than 5K goal pace w/300-meter recovery jogs • 4x300 meters at 1:00 per mile faster than 5K goal pace w/200-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 5 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 5 miles at 1:00 per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy • 4x200 meters at 5K goal pace w/200-meter recovery jogs • 800 meters easy 	<ul style="list-style-type: none"> • 1 mile easy • Form drills and strides • 1 mile time trial • 1 mile easy 	23-32
	0-5	6	0-5	7	0-3	2.5	3.3	

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5	4-5 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3x1 mile w/800-meter recovery jogs: <ul style="list-style-type: none"> - #1 at 5 seconds per mile slower than 5K goal pace - #2 at 5K goal pace - #3 at 5 seconds per mile faster than 5K goal pace • 1 mile easy • 10:00 strength training 	Choose one: 4-5 miles easy, 30:00 easy-cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4 miles at 45 seconds per mile slower than 5K goal pace • 1 mile easy • 10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 6-8 miles easy • 5-10:00 strength training (optional) 	21-33
	0-5	5.5	0-5	6	0	3	6-8	
6	4-5 miles easy, 30:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 5x1000 meters at 10 seconds per mile faster than 5K goal pace w/500-meter recovery jogs • 1 mile easy • 10:00 strength training 	Choose one: 4-5 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2.5 miles at 40 seconds per mile slower than 5K goal pace • 1 mile easy • 10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 7 miles moderate • 5-10:00 strength training (optional) 	21-34
	0-5	6.25	0-5	4.5	0-3	3	7	
7	4-5 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4x800 meters at 15 seconds per mile faster than 5K goal pace w/400 meter recovery jogs • 4x400 meters at 20 seconds per mile faster than 5K goal pace w/200 meter recovery jogs • 1 mile easy • 10:00 strength training 	Choose one: 4-5 miles easy, 30:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 45 seconds per mile slower than 5K goal pace • 1 mile easy • 10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 7-9 miles moderate • 5-10:00 strength training (optional) 	21-33
	0-5	6.3	0-5	5	0	3	7-9	
8	5 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 1 mile at 5K goal pace, 800-meter recovery jog • 1200 meters at 5 seconds per mile faster than 5K goal pace, 600-meter recovery jog • 800 meters at 10 seconds per mile faster than 5K goal pace, 400-meter recovery jog • 3x (400 meters at 15 seconds faster than 5K goal pace, 200-meter recovery jog) • 1 mile easy • 10:00 strength training 	Choose one: 5 miles easy or 35:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4 miles at 1:00 per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy • 4x200 meters at 5K goal pace w/200-meter recovery jogs • 800 meters easy 	<ul style="list-style-type: none"> • 1 mile easy • Form drills and strides • 2-mile time trial or 5K race • 1 mile easy 	20-34
	0-5	7.25	0-5	6	0-3	2.25	4.3-5.4	

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9	4-6 miles easy or 30:00-35:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 6x800 meters at 4, 6, 8, 10, 12, and 14 seconds per mile faster than 5K goal pace w/400-meter recovery jogs • 1 mile easy • 10:00 strength training 	Choose one: 4-5 miles easy or 30-35:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 45 seconds per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 10 miles easy-to-moderate • 5-10:00 strength training (optional) 	24-35
	0-6	6.25	0-5	5	0	3	10	
10	4 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2x1.5 miles at 5K goal pace w/1200-meter recovery jog • 1 mile easy • 10:00 strength training 	Choose one: 5 miles easy or 35:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 30 seconds per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 7-8 miles moderate • 5-10:00 strength training (optional) 	23-34
	0-4	5.75	0-5	5	3	3	7-8	
11	5 miles easy or 35:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 12x400 meters at 10 seconds per mile faster than 5K goal pace w/200-meter recovery jogs • 1 mile easy • 10:00 strength training 	4 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2 miles at 30 seconds per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 6 miles easy • 5-10:00 strength training (optional) 	19-28
	0-5	6.4	0-4	4	0	3	6	
12	3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 1 mile at 5K goal pace • 1 mile easy • 5:00 strength training 	Choose one: 3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills • 6x (100-meter stride, 200-meter jog) • 800 meters easy 	2 miles easy or day off	<ul style="list-style-type: none"> • 800 meters easy • 4x (100-meter stride, 200-meter jog) • 800 meters easy 	<ul style="list-style-type: none"> • 1 mile easy • Form drills and strides • 5K goal race • 1 mile easy 	12-20
	0-3	3	0-3	2.6	0-2	1.5	5.4	

WARMUP: 1 MILE EASY WITH FORM DRILLS AND STRIDES

- **Jog 1:00**
- **Form drills:** for 15-20 seconds each, followed by 15-20 seconds of slow jogging, do each of these eight drills:
 - Butt-kicks
 - High knees
 - Quick feet
 - Skipping for height
 - Side-slide/chassée (R and L)
 - Cross-over/carioca/grapevine (R and L)
- **Strides:** after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you've done four 20-second strides.
- **Jog 1:00**

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1-2	Negligible effort	Walking
3-4	Easy	Easy-run range
5	Moderate	Regular-run pace
6-7	Moderate-to-hard	Tempo-run range
8-9	Hard	Speedwork range
10	Very hard	Sprinting