



Relentless Progress Advanced 5K Training Plan

This 12-week plan is for runners who've completed multiple 5Ks and want to level up to a 7:00/mile pace (sub-22:00 finish). You'll train 5–6 days per week with focused speed work, tempo runs, and long runs.

- ☐ **Week 1** – 5–6 days/week
Speed: 6x400m @ 5K pace w/ 90s rest; Tempo: 2 miles @ 9:00–8:30; Long Run: 3–4 miles
- ☐ **Week 2** – 5–6 days/week
Speed: 6x400m; Tempo: 2.5 miles @ 8:45; Long Run: 4 miles
- ☐ **Week 3** – 5–6 days/week
Speed: 6x400m; Tempo: 3 miles @ 8:30; Long Run: 4–5 miles
- ☐ **Week 4** – 5–6 days/week
Speed: 4x800m @ 3:30; Tempo: 3 miles @ 8:15; Long Run: 5 miles
- ☐ **Week 5** – 5–6 days/week
Speed: 5x800m @ 3:30; Tempo: 3.5 miles @ 8:15; Long Run: 5–6 miles
- ☐ **Week 6** – 5–6 days/week
Speed: 6x800m @ 3:30; Tempo: 4 miles @ 8:00; Long Run: 6 miles
- ☐ **Week 7** – 6 days/week
Speed: 3x1 mile @ 7:00–7:15; Tempo: 4 miles @ 8:00; Long Run: 6–7 miles
- ☐ **Week 8** – 6 days/week
Speed: 4x1 mile @ 7:00; Tempo: 3 miles @ 7:50; Long Run: 7 miles



Week 9 – 6 days/week

Speed: 2x1.5 miles @ goal pace; Tempo: 4 miles @ 7:50; Long Run: 6 miles



Week 10 – 5–6 days/week

Speed: Ladder (400–800–1200–800–400); Tempo: 3 miles @ 7:50; Long Run: 5 miles



Week 11 – 5 days/week

Speed: 4x400m + 2x800m @ 7:00; Tempo: 1 mile @ 7:15; Long Run: 4 miles



Week 12 – Race Week

Mon: 2 miles easy, Wed: 3x400m @ 5K pace, Fri: 1-mile shakeout, Sat/Sun: RACE DAY – Aim for sub-22:00

Tips for Success:

- Maintain discipline on recovery days — don't overtrain.
- Hit target paces but listen to your body — rest when needed.
- Fuel up with electrolytes and protein post-run.
- Log your workouts to track progress and adjust as needed.
- Race with confidence — you've earned your pace!