

5.5km Advanced Training Program

Legend: w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

Week 8		Week 7		Week 6		Week 5	
Monday	30min jog	Monday	30min jog	Monday	30min jog	Monday	30min jog
Tuesday	10min jog w/u (2min effort, 2min jog) X 5 10min Jog c/d	Tuesday	10min jog w/u (5min effort, 2min jog) X 3 10min Jog c/d	Tuesday	10min jog w/u (5min effort, 2min jog) X 3 10min Jog c/d	Tuesday	10min jog w/u (10min effort, 5min jog) X 2 10min Jog c/d
Wednesday		Wednesday		Wednesday		Wednesday	
Thursday	40min jog (hilly course)	Thursday	40min jog (hilly course)	Thursday	30min run (hilly course)	Thursday	30min run (hilly course)
Friday		Friday		Friday		Friday	
Saturday	5min jog w/u, 30min run 5min Jog c/d	Saturday	5min jog w/u, 30min run 5min Jog c/d	Saturday	5min jog w/u, 30min run 5min Jog c/d	Saturday	5min jog w/u, 20min effort 5min Jog c/d
Sunday	40min jog	Sunday	40min jog	Sunday	45min jog	Sunday	45min jog

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Week 16		Week 15		Week 14		Week 13	
Monday		Monday		Monday	10min walk w/u 15min jog 10min walk c/d	Monday	25min jog
Tuesday	10min walk w/u 10min jog 2min walk 10min jog 10min walk c/d	Tuesday	10min walk w/u 15min jog 10min walk c/d	Tuesday	5min walk w/u 15min jog 5min walk 15min jog 5min walk c/d	Tuesday	5min jog w/u 10min run 5min Jog c/d
Wednesday		Wednesday		Wednesday		Wednesday	
Thursday	10min walk w/u 15min jog 10min walk c/d	Thursday	10min walk w/u 20min jog 10min walk c/d	Thursday	5min walk w/u 20min jog 5min walk c/d	Thursday	30min jog
Friday		Friday		Friday		Friday	
Saturday	10min walk w/u 10min jog 2min walk 10min jog 10min walk c/d	Saturday	10min walk w/u 20min jog 10min walk c/d	Saturday	5min walk w/u 25min jog 5min walk c/d	Saturday	5min jog w/u, 15min run, 5min 5min Jog c/d
Sunday		Sunday		Sunday		Sunday	35min jog