

LEVEL THREE

Week 1

Mon	Off Day 10-12 minutes warm-up jog
Tue	2 sets of (3 x 3 minutes at 5K goal pace, with 2 minutes rest) 4 minutes easy jog between sets 10-12 minutes warm-down jog
Wed	Easy Run or Cross Training
Thu	25-30 minutes Moderate Pace Run Finish with 8-10 x 15 seconds hard stride, with 45 seconds rest in between
Fri	Easy Run or Cross Training 10-12 minutes warm-up jog
Sat	5 x 4 minutes @ 10k pace, with 2 minute walk/jog in between 10-12 minutes warm-down jog
Sun	50-60 minutes Easy Long Run

Week 2

Mon	Off Day 10-12 minutes warm-up jog
Tue	2 sets of (3 x 3 minutes at 5K goal pace, with 2 minutes rest) 4 minutes easy jog between sets 10-12 minutes warm-down jog
Wed	Easy Run or Cross Training
Thu	30-35 minutes Moderate Pace Run Finish with 8-10 x 15 seconds hard stride, with 45 seconds rest in between
Fri	Easy Run or Cross Training 10-12 minutes warm-up jog
Sat	4 x 5 minutes @ 10k pace, with 2 1/2 minute walk/jog in between 10-12 minutes warm-down jog
Sun	50-60 minutes Easy Long Run

Week 3

Mon	Off Day 10-12 minutes warm-up jog
Tue	3 sets of (4 x 2 minutes at 5K goal pace, with 90 seconds rest) 3 minutes easy jog between sets 10-12 minutes warm-down jog
Wed	Easy Run or Cross Training
Thu	30-35 minutes Moderate Pace Run Finish with 8-10 x 15 seconds hard stride, with 45 seconds rest in between
Fri	Easy Run or Cross Training 10-12 minutes warm-up jog
Sat	3 x 8 minutes at Half Marathon Pace, with 3 minute walk/jog in between 10-12 minutes warm-down jog
Sun	60-70 minutes Easy Long Run

Week 4

Mon	Off Day 10-12 minutes warm-up jog
Tue	3 sets of (4 x 2 minutes at 5K goal pace, with 90 seconds rest) 3 minutes easy jog between sets 10-12 minutes warm-down jog
Wed	Easy Run or Cross Training
Thu	35-40 minutes Moderate Pace Run Finish with 8-10 x 15 seconds hard stride, with 45 seconds rest in between
Fri	Easy Run or Cross Training 10-12 minutes warm-up jog
Sat	3 x 9 minutes at Half Marathon Pace, with 3 minute walk/jog in between 10-12 minutes warm-down jog
Sun	60-70 minutes Easy Long Run

Week 5

Mon	Off Day 10-12 minutes warm-up jog
Tue	2 sets of (3 x 3 minutes at 5K goal pace, with 2 minutes rest) 3 minutes easy jog between sets 10-12 minutes warm-down jog
Wed	Easy Run or Cross Training
Thu	35-40 minutes Moderate Pace Run Finish with 8-10 x 15 seconds hard stride, with 45 seconds rest in between
Fri	Easy Run or Cross Training 10-12 minutes warm-up jog
Sat	3 x 10 minutes at Half Marathon Pace, with 3 minute walk/jog in between 10-12 minutes warm-down jog
Sun	60-70 minutes Easy Long Run

Week 6

Mon	Off Day 10-12 minutes warm-up jog
Tue	2 sets of (3 x 3 minutes at 5K goal pace, with 2 minutes rest) 4 minutes easy jog between sets 10-12 minutes warm-down jog
Wed	Easy Run or Cross Training
Thu	30-35 minutes Moderate Pace Run Finish with 8-10 x 15 seconds hard stride, with 45 seconds rest in between
Fri	Easy Run or Cross Training 10-12 minutes warm-up jog
Sat	3 x 6 minutes @ 10k pace, with 3 minute walk/jog in between 10-12 minutes warm-down jog
Sun	50-60 minutes Easy Long Run

Week 7

Mon	Off Day 10-12 minutes warm-up jog
Tue	2 sets of (4 x 2 minutes at 5K goal pace, with 90 seconds rest) 3 minutes easy jog between sets 10-12 minutes warm-down jog
Wed	Easy Run or Cross Training 25-30 minutes Moderate Pace Run
Thu	Finish with 8-10 x 15 seconds hard stride, with 45 seconds rest in between
Fri	Easy Run or Cross Training 10-12 minutes warm-up jog
Sat	3 x 5 minutes @ 10k pace, with 3 minute walk/jog in between 10-12 minutes warm-down jog
Sun	50-60 minutes Easy Long Run

Week 8

Mon	Easy Run or Cross Training 7-10 minutes warm-up jog
Tue	2 sets of (3 x 90 seconds at 5K goal pace, with 1 minute rest in between) 3 minutes easy jog between sets 7-10 minute warm-down jog
Wed	Easy Run or Cross Training 15-20 minutes Moderate Pace Run
Thu	Finish with 6-8 x 15 seconds hard stride, with 45 seconds rest in between
Fri	Easy Run or Off Day
Sat	B.A.A. 5K
Sun	Off Day