

# 6 weeks to running a faster 5k

## A Training Program for Runners

If you run regularly and want to improve your personal record in your next 5k, this six-week schedule will help you get to a faster finish.

### Week 1 (6 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup  track 200m easy 200m hard X12  Cooldown & Stretch	Strength training including core	Warmup  moderate 3-mile run with some hills  Cooldown & Stretch	Strength training including core	Warmup  2-mile tempo/ race pace run  Cooldown & Stretch	Warmup  easy 4-5-mile run  Cooldown & Stretch	Active rest

### Week 2 (5 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup  track 400m easy 400m hard X6  Cooldown & Stretch	Strength training including core	Warmup  moderate 4-mile run with some hills  Cooldown & Stretch	Strength training including core	Warmup  2-mile tempo/ race pace run  Cooldown & Stretch	Warmup  easy 4-mile run  Cooldown & Stretch	Active rest

### Week 3 (4 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup  track 800m hard 800m easy X3  Cooldown & Stretch	Strength training including core	Warmup  moderate 4-mile run with some hills  Cooldown & Stretch	Strength training including core	Warmup  2-mile tempo/ race pace run Finishing with 10x-100-meter strides  Cooldown & Stretch	Warmup  easy 4-mile run  Cooldown & Stretch	Active rest

### Week 4 (3 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup  track (800m hard 800m easy) x1 (400m hard 400m easy) x2 (200m hard 200m easy) x4  Cooldown & Stretch	Strength training including core	Warmup  moderate 4-mile run with some hills finishing with 10x-100-meter strides  Cooldown & Stretch	Strength training including core	Warmup  2-mile tempo/ race pace run finishing with 10x- 100-meter strides  Cooldown & Stretch	Warmup  easy 4-mile run  Cooldown & Stretch	Active rest

### Week 5 (2 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup  track 1 mile hard with 2 minutes easy X3  Cooldown & Stretch	Strength training including core	Warmup  moderate 3-mile run with some hills finishing with 10x-100-meter strides  Cooldown & Stretch	Strength training including core	Warmup  2 minutes hard 1 min easy x 7 finishing with 10x-100- meter strides  Cooldown & Stretch	Warmup  easy 4-mile run  Cooldown & Stretch	Active rest

### Week 6 (1 week from RACE DAY)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup  track 1 mile hard with 2 minutes easy X3  with 10x-100- meter strides  Cooldown & Stretch	Strength training including core	Warmup  track 1 mile hard with 2 minutes easy x 2 with 10x-100- meter strides  Cooldown & Stretch	Active rest	Active rest	Active rest	Warmup  RACE DAY  Go hard – you've got this!