



Intermediate-Advanced 5K Training Plan

Designed for those who have run a 5K but wish to improve their time.

Week	Workout 1	Workout 2 (see below for RPE index chart)	Workout 3	Workout 4
1	3 mi	vo2: 5 x 2 min at Rating of Perceived Exertion (RPE) 8 2 min recovery walk or jog in between each set	30 min run at RPE 2-3	3.5 mi
2	3 mi	20 min tempo run at RPE 6	30 min run at RPE 2-3	4 mi
3	3 mi	vo2: 6 x 2 min at RPE 8 2 min recovery walk or jog in between each set	30 min run at RPE 2-3	4 mi
4	3.5 mi	25 min tempo run at RPE 6	30 min run at RPE 2-3	4.5 mi
5	3.5 mi	vo2: 5 x 3 min at RPE 8 2 min recovery walk or jog in between each set	30 min run at RPE 2-3	4.5 mi
6	4 mi	30 min tempo run at RPE 6	30 min run at RPE 2-3	5 mi
7	4 mi	vo2: 6 x 3 min at RPE 8 2 min recovery walk or jog in between each set	30 min run at RPE 2-3	5 mi
8	3 mi	2 mi at RPE 2-3	2 mi at RPE 2-3	5K RACE DAY

Unless otherwise indicated, all runs to be performed at RPE 3-4.

vo2 workouts: Speed Intervals to help improve your ability to absorb and use oxygen during exercise.

tempo run: Elevates your anaerobic threshold and develops your ability to run faster for longer.

A warm up walk or jog of at least 5 minutes should be done prior to vo2 and tempo runs.

time workout

distance workout

RATE OF PERCEIVED EXERTION CHART



Use this RPE chart to gauge your workout intensity



10	ALL-OUT SPRINT <i>The maximum possible effort, sustainable for just 20-30 seconds.</i>
9	VERY HARD INTENSITY <i>Hard to speak, breathing labored after a few seconds, requires focus; good for 1-min intervals.</i>
8	HARD INTENSITY <i>Requires focus to maintain; hard to say more than 2-3 words; good for Cooper Tests, 5k PRs.</i>
7	VIGOROUS ACTIVITY <i>Can speak in short sentences; becomes uncomfortable quickly. Requires constant effort.</i>
6	HARD ACTIVITY <i>Labored breathing, challenging and uncomfortable but sustainable for 30-60 mins.</i>
5	PROGRESSIVE PACE <i>A pace that requires some pushing and effort to maintain; still able to hold a conversation.</i>
4	COMFORTABLE WITH SOME EFFORT <i>Slight 'push' but still at a pace which you could speak a few sentences without struggling.</i>
3	COMFORTABLE PACE <i>Able to maintain a conversation without getting out of breath while running.</i>
2	LIGHT AND EASY <i>Non-taxing, very gentle and easy to maintain a conversation - could continue for hours.</i>
1	MINIMUM EFFORT <i>Bare minimum exertion; a gentle stroll through the woods. Could continue all day.</i>



Find out how to incorporate RPE into your training at MarathonHandbook.com

