

SUB 20-MIN 5K TRAINING PLAN - MILES

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Speed	1	Rest Day	Repetition Pace Intervals 10 x 200m (5:46/mile) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals x 6:16/mile 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 0 min RPE 3-4
	2	Rest Day	Repetition Pace Intervals 12 x 200m (5:46/mile) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals x 6:16/mile 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 5 min RPE 3-4
	3	Rest Day	Repetition Pace Intervals 6 x 400m (5:46/mile) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals x 6:16/mile 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 5 min RPE 3-4
	4	Rest Day	Repetition Pace Intervals 8 x 400m (5:46/mile) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals x 6:16/mile 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 5 min RPE 3-4
	5	Rest Day	Repetition Pace Intervals 5 x 600m (5:46/mile) 2 min recovery	Recovery Run min RPE 2-3	Race Pace Intervals x 6:16/mile 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 5 min RPE 3-4
	6	Rest Day	Repetition Pace Intervals 6 x 600m (5:46/mile) 2 min recovery	Recovery Run min RPE 2-3	Race Pace Intervals x 6:16/mile 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 5 min RPE 3-4
Peak	7	Rest Day	Repetition Pace Intervals 4 x 800m (5:46/mile) 2:30 min recovery	Recovery Run min RPE 2-3	Race Pace Intervals x 6:16/mile 3min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 0 min RPE 3-4
Taper	8	Rest Day	Repetition Pace Intervals 8 x 400m (5:46/mile) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals 5x 00m (6:16/mile) 0m kick 1km jog	Recovery Run min RPE 2-3	Rest Day	Long Run 0 min RPE 3-4
Race	9	Rest Day	Race Pace Run 8 x 200m (5:46/mile) 90 sec recovery	Recovery Run 0min RPE 2-3	Strides 5 min RPE 3-4 w/10 x 10sec strides	Rest Day	Shake Out Run min RPE 1-2	 RACE 5K (6:16/mile)