

# 15K Advanced



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	3-mile run & strength	30 min. tempo	6 X 400 mile pace	3-mile run & strength	Rest or 3-mile run	3-mile pace	5-mile run
2	3-mile run & strength	35 min. tempo	3 X 800 5K pace	4-mile run & strength	Rest or 3-mile run	3-mile pace	6-mile run
3	3-mile run & strength	40-min. tempo	7 X 400 mile pace	5-mile run & strength	Rest or 3-mile run	3-mile pace	7-mile run
4	3-mile run & strength	30 min. tempo	4 X 800 5K pace	3 mile run & strength	Rest or 3-mile run	3-mile pace	<b>5K Race</b>
5	3-mile run & strength	40 min. tempo	8 X 400 mile pace	4-mile run & strength	Rest or 3-mile run	3-mile pace	9-mile run
6	3-mile run & strength	45 min. tempo	5 X 800 5K pace	5-mile run & strength	Rest or 3-mile run	3-mile pace	10-mile run
7	3-mile run & strength	30 min. tempo	9 X 400 mile pace	3-mile run & strength	Rest or 3-mile run	3-mile pace	<b>10K Race</b>
8	3-mile run & strength	40 min. tempo	6 X 800 5K pace	4-mile run & strength	Rest or 3-mile run	3-mile pace	12-mile run
9	3-mile run & strength	45 min. tempo	10 X 400 mile pace	5-mile run & strength	Rest or 3-mile run	3-mile pace	13-mile run
10	3-mile run & strength	30 min. tempo	3 X 800 5K pace	2-mile run	1-2 mile run	Rest	<b>15K Race</b>