



HIGH MILEAGE 13 WEEK 5K TRAINING SCHEDULE (more than 40 miles/week)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1/2 Mile E, 2 x 1.50 Mile TI, 1/2 Mile E	7 Miles E	6 Mile E	5 Mile E, 12 x 100 S	8 Miles L
Week 2	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1 Mile E, 6 x 800 SW, 1 Mile E	8 Miles E	6 Miles E	5 Mile E	9 Miles L
Week 3	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1/2 Mile E, 2 x 1.75 Mile TI, 1/2 Mile E	8 Miles E	6 Mile E	5 Mile E, 12 x 100 S	10 Miles L
Week 4	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1 Mile E, 5 x 1000 SW, 1 Mile E	8 Miles E	6 Mile E	5 Mile E, 10 x 200 S	9 Miles L
Week 5	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1/2 Mile E, 2 x 2 Mile TI, 1/2 Mile E	8 Miles E	7 Mile E	5 Mile E, 12 x 100 S	10 Miles L
Week 6	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1 Mile E, 5 x 1000 SW, 1 Mile E	9 Miles E	7 Mile E	5 Mile E, 10 x 200 S	11 Miles L
Week 7	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1 Mile E, 3 x 1.5 TI, 1 Mile E	10 Miles E	8 Mile E	5 Mile E, 12 x 100 S	11 Miles L
Week 8	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1 Mile E, 8 x 600 SW, 1 Mile E	8 Miles E	7 Miles E	4 mile E	10k Race
Week 9	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1 Mile E, 4 Miles T, 1 Mile E	9 Miles E	7 Mile E	5 Mile E, 12 x 100 S	10 Miles L
Week 10	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1 Mile E, 5 x 1000 SW, 1 Mile E	8 Miles E	7 Mile E	5 Mile E, 10 x 200 S	9 Miles L
Week 11	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1 Mile E, 2 x 1.5 TI, 1 Mile E	8 Miles E	5 Mile E	5 Mile E, 12 x 100 S	9 Miles L
Week 12	6 Mile E w/ 5 Stride Outs	Rest or Cross Train	1 Mile E, 4 x 1600 SW, 1 Mile E	6 Miles E	4 Mile E	5 Mile E, 10 x 200 S	7 Miles L
Week 13	6 Mile E	Rest or Cross Train	4 Miles with 5 x 200 S	5 Miles E	Rest	3 Mile E	Goal 5k Race

E = Easy Run; L=Long Run; T= Tempo Run; TI = Tempo Interval; CI= Cruise Interval; P=Marathon Pace Run; SW= Speed Workout (Long Distance Runner); S=Stride Outs; D= Declines
 Visit www.mcmillanrunning.com and use the McMillan Running Calculator to generate a personal report and determine appropriate training paces
 Schedule adapted from Pfitzinger/Douglas: Reference: Pfitzinger, P., and S. Douglas. 1999. *Road Racing for Serious Runners*. Champaign, IL: Human Kinetics.