



RUN · ADVANCED

Advanced 5K



8-Week Advanced 5K Training Plan

Peak your 5K with high-volume speed and threshold work.

EVENT

5K

LEVEL

Advanced

LENGTH

8 weeks

DAYS / WEEK

6



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 8 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Recovery Run	30 min
30 min continuous		
Tue	Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Long Run	52 min
42 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Recovery Run	30 min
30 min continuous		
Tue	Easy Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Easy Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Long Run	79 min
69 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Wed	Easy Run 35 min continuous · 5 min warm-up · 5 min cool-down	45 min
Thu	Easy Run 35 min continuous · 5 min warm-up · 5 min cool-down	45 min
Fri	VO2max Intervals 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Sun	Long Run 69 min continuous · 5 min warm-up · 5 min cool-down	79 min

Week 4

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Wed	Easy Run 34 min continuous · 5 min warm-up · 5 min cool-down	44 min
Thu	Easy Run 34 min continuous · 5 min warm-up · 5 min cool-down	44 min
Fri	VO2max Intervals 4 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	40 min
Sun	Long Run 66 min continuous · 5 min warm-up · 5 min cool-down	76 min

Week 5

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Easy Run 35 min continuous · 5 min warm-up · 5 min cool-down	45 min
Thu	Easy Run 35 min continuous · 5 min warm-up · 5 min cool-down	45 min
Fri	VO2max Intervals 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Sun	Long Run 84 min continuous · 5 min warm-up · 5 min cool-down	94 min

Week 6

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Easy Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Thu	Easy Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Fri	VO2max Intervals 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Sun	Long Run 95 min continuous · 5 min warm-up · 5 min cool-down	105 min

Week 7

PEAK

Mon	Recovery Run 30 min continuous	30 min
Tue	VO2max Intervals 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Wed	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Thu	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Fri	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Sun	Long Run 79 min continuous · 5 min warm-up · 5 min cool-down	89 min

Week 8

RACE WEEK

Mon	Recovery Run 30 min continuous	30 min
Tue	Recovery Run 30 min continuous	30 min
Wed	Base Run with Strides 1 × 11 min with recoveries · 5 min warm-up · 5 min cool-down	25 min
Thu	Recovery Run 30 min continuous	30 min
Fri	Recovery Run 30 min continuous	30 min
Sun	Race Day: Run RACE 30 min continuous	30 min