

# ARC 5K Plan

	Session 1 (Tuesday )	Session 2 (Saturday)
Week 1	2-3 mile warm-up, 11 x 400 meters at VDOT interval pace with 100m jogging rest, 1-2 mile cool down	3 sets of (2,000m @ current 5K pace, 2-minute jog, 200m @ current 5K-20 seconds/mile), with 4-minute jog between sets
Week 2	2-3 mile warm-up, 8 x 600 meters at VDOT interval pace with 100m jogging rest, 1-2 mile cool down	5x4mins @ Lactate threshold with 90secs recovery
Week 3	2-3 mile warm-up, 6 x 800 meters at VDOT interval pace with 200m jogging rest, 1-2 mile cool down	3 sets of (1600m @ current 5K-10 seconds/mile, 2-minute jog, 300m @ current 5K-25 seconds/mile), with 4-minute jog between sets
Week 4	Easy 6-7 mile run	5x5mins @ lactate threshold with 2mins recovery
Week 5	2-3 mile warm-up, 12 x 400 meters at VDOT interval pace with 100m jogging rest, hammer #10 as fast as you can, 1-2 mile cool down	3 sets of (1200m @ 5K-15 seconds/mile, 2-minute jog, 400m @ 5K-30 seconds/mile), with 4-minute jog between sets
Week 6	2-3 mile warm-up, 8 x 800 meters at VDOT interval pace with 200m jogging rest, hammer #6 as fast as you can, 1-2 mile cool down	5x6mins @ lactate threshold with 2min recovery
Week 7	2-3 mile warm-up, 2 x 1 mile at 3k-5k pace w/5 min rest, 2 x 400 meters at mile pace w/3 minutes rest, 2 mile cool down.	3 sets of(800m @ current 5K-20 seconds/mile, 2-minute jog, 400m @ current 5K-35 seconds/mile) with 4-minute jog between sets
Week 8 - Race Week	2-3 mile warm-up, 10 x 400 meters at VDOT interval pace with 100m jogging rest, 1-2 mile cool down	5K TT