



Running Overload

5k to 10k

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	5 min warm up 20 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 3 min fast run 10 min slow run 5 min cool down	Rest	Rest	5 min warm up 30 min slow run 5 min cool down	Rest
Week 2	5 min warm up 20 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 2 min fast run 2 min slow run 2 min fast run 10 min slow run 5 min cool down	Rest	Rest	5 min warm up 35 min slow run 5 min cool down	Rest
Week 3	5 min warm up 20 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 5 min fast run 10 min slow run 5 min cool down	Rest	Rest	5 min warm up 40 min slow run 5 min cool down	Rest
Week 4	5 min warm up 20 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 2 min fast run 2 min slow run 2 min fast run 2 min slow run 2 min fast run 10 min slow run 5 min cool down	Rest	Rest	5 min warm up 45 min slow run 5 min cool down	Rest
Week 5	5 min warm up 15 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 4x 1 min fast run 1 min slow run 5 min cool down	Rest	Rest	5 min warm up 30 min slow run 5 min cool down	Rest
Week 6	5 min warm up 25 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 7 min fast run 10 min slow run 5 min cool down	Rest	Rest	5 min warm up 50 min slow run 5 min cool down	Rest
Week 7	5 min warm up 25 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 4x 2 min fast run 2 min slow run 8 min slow run 5 min cool down	Rest	Rest	5 min warm up 55 min slow run 5 min cool down	Rest
Week 8	5 min warm up 25 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 9 min fast run 10 min slow run 5 min cool down	Rest	Rest	5 min warm up 60 min slow run 5 min cool down	Rest
Week 9	5 min warm up 15 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 4x 1 min fast run 1 min slow run 5 min cool down	Rest	Rest	5 min warm up 30 min slow run 5 min cool down	Rest