



5KM ADVANCED RUNNING PLAN

Orange Running Festival

WEEK 1

Day 1

8km easy

Day 2

8km easy

Day 3

30min cross-training

Day 4

8KM EASY

Day 5

Rest

Day 6

8km easy

Day 7

10km easy

WEEK 2

Day 1

10km easy

Day 2

1km WU, 1km on
1km off x 3, 1km CD

Day 3

30min cross-training

Day 4

10km easy

Day 5

REST

Day 6

8km easy

Day 7

12km easy

WEEK 3

Day 1

10km easy

Day 2

1km WU, 15min
tempo, 1km CD

Day 3

30min cross-training

Day 4

9km easy

Day 5

8km easy

Day 6

REST

Day 7

13KM RUN

WEEK 4

Day 1

10km easy

Day 2

2km WU,
5x1.2km (90sec
between), 2km
CD

Day 3

40min cross-training

Day 4

10km easy

Day 5

REST

Day 6

8km easy

Day 7

10km Progressive
(getting quicker each
km)



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Running

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5KM ADVANCED RUNNING PLAN

Orange Running Festival

WEEK 5

Day 1

10km easy

Day 2

2km WU,
6x400m (1min
rest between),
2km CD

Day 3

40min cross-
training

Day 4

10KM EASY

Day 5

8km easy

Day 6

REST

Day 7

16km run

WEEK 6

Day 1

10km easy

Day 2

2km WU, 25min
run at tempo, 2km
CD

Day 3

40min cross-
training

Day 4

10km easy

Day 5

REST

Day 6

8km easy

Day 7

12km
progression

WEEK 7

Day 1

10km easy

Day 2

2km WU, 25min
tempo, 2km CD

Day 3

40min cross-
training

Day 4

9km easy

Day 5

8km easy

Day 6

REST

Day 7

16KM EASY RUN

WEEK 8

Day 1

REST

Day 2

2km WU, 5x1km
(90sec
between), 2km
CD

Day 3

40min cross-
training

Day 4

10km easy

Day 5

8km easy

Day 6

11km
Progressive

Day 7

REST





5KM ADVANCED RUNNING PLAN

Orange Running Festival

WEEK 9

Day 1

10km easy

Day 2

2km WU,
5x800m (1min
rest between),
2km CD

Day 3

40min cross-
training

Day 4

10KM EASY

Day 5

8km easy

Day 6

REST

Day 7

16km easy run

WEEK 10

Day 1

10km easy

Day 2

2km WU, 25min
run at tempo, 2km
CD

Day 3

40min cross-
training

Day 4

10km easy

Day 5

REST

Day 6

8km easy

Day 7

12km
progression

WEEK 11

Day 1

REST

Day 2

2km WU, 15min
tempo, 2km CD

Day 3

30min cross-
training

Day 4

10km easy

Day 5

8km easy

Day 6

REST

Day 7

10KM EASY RUN

WEEK 12

Day 1

8km run

Day 2

10km run

Day 3

REST

Day 4

6km run

Day 5

6km run

Day 6

ORF Shake-Out
Run!

Day 7

RACE DAY!

