



### 2019 Suffolk County Marathon Advanced 5k Training Program



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1	4 Mile Easy Run	4 Mile Run	1 Mile WU 10x1 Min@5k Pace 2 Min Easy Jog 1 Mile CD	Rest	1 Mile Easy 3 Miles at 10k Pace 1 Mile Easy	Cross Train	Long Run 6 Miles at Moderate Pace
2	4 Mile Easy Run	4 Mile Run	1 Mile WU 10x2 Min@10k Pace 1 Min Easy Jog 1 Mile CD	Rest	1 Mile Easy WU&CD 2 x 2 Mile at 5k Pace+30 sec 4 Min Rest	Cross Train	Long Run 6 Miles at Relaxed Effort
3	4 Mile Easy Run	5 Mile Run	1 Mile WU 12x400 @ 5k Pace 90 sec Rest 1 Mile CD	Rest	1 Mile Easy 4 Miles at 10k Pace 1 Mile Easy	Cross Train	Long Run 8 Miles at Moderate Pace
4	5 Mile Easy Run	5 Mile Run	1 Mile WU 6x800 @ 5k Pace 2 Min Rest 1 Mile CD	Rest	1 Mile Easy WU&CD 5x1 Mile at 10k Pace 2 Min Rest	Cross Train	Long Run 8 Miles at Relaxed Effort
5	5 Mile Easy Run	5 Mile Run	1 Mile WU 6x3 Min@10k Pace 2 Min Easy Jog 1 Mile CD	Rest	1 Mile Easy 4 Miles at 10k Pace 1 Mile Easy	Cross Train	Long Run 7 Miles at Moderate Pace
6	5 Mile Easy Run	4 Miles Run	1 Mile WU 12x400 @ 5k Pace 2 Min Rest 1 Mile CD	Rest	4 Mile Run	20 Minute Very Easy Run	<b>Suffolk County Marathon 5k Race</b>

**Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.**

For more information-[www.sayvillerunning.com/pages/training](http://www.sayvillerunning.com/pages/training)

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