

Elite Running

12 Weeks · Speed · Recovery · Long runs · Free download

Chase a faster 5K, parkrun PB, or Hyrox run engine — one week at a time.

PREREQUISITE

Comfortably run 5K before starting. Repeat any week if the jump feels too big.

12 WEEKS · SPEED · RECOVERY · LONG RUNS

- + Build the engine for parkrun PBs, faster 5K, and Hyrox run splits
- + Clear weekly structure — hard days, easy days, rest
- + Listen to your body; repeat a week if you need to

How this plan works

Elite Running · 12 weeks

THE AIM

Build a faster run engine for 5K, parkrun PBs, and Hyrox run splits — through Speed Runs, Recovery Runs, and Long Runs. Recommended if you can already run 5K comfortably. Everyone adapts differently; don't compare. Repeat a week if you need to.

BASIC TIPS

Recovery between runs is as important as the runs.
Niggles: rest, ice; get checked before it becomes long-term.
Rotate shoes — two pairs can cut injury risk.

RUNNING DRILLS

Add on interval / speed days for form, speed, and power.

- High Knee Skips, Butt Kickers, Ankle Drill
- Skipping, High Knee Running
- Foreleg Extension Marching, Straight Leg Running
- High Knee Bounce Skips, Ankle Bounce, Bounding

WEEKLY STRUCTURE

Speed and Long Runs are non-negotiable for progress. Two Recovery Runs and two Rest Days per week — don't stack Speed days.

- SPEED — intervals, tempo, fartlek, hills
- LONG — progressive, comfortable endurance
- RECOVERY — easy; protect the hard days
- REST — off, mobility, or very easy kms

TOOLS (OPTIONAL)

GPS watch or Strava optional for pacing and consistency. Effort beats gadgets.

Pace & run types

Effort first · Paces are a guide

HOW TO USE PACE TARGETS

Each pace is the middle of a range — not robot targets. Sleep, weather, and stress matter. Anchor from a recent race, easy-run average (Recovery), or current fitness guess.

Ahead some days, behind others. Stay flexible. The work is what raises fitness.

PROGRESSION RUN

Start slower than Recovery, finish faster; average $\approx$ Recovery. Long & Recovery days.

INTERVALS

Hard reps + recovery. Track preferred; any free path works.

FARTLEK

Speed play — alternate easy/hard continuously.

HILLS

Effort over pace. Light lean, controlled breathing.

TEMPO

Hard but controlled. Build comfort with discomfort.

COACH YOURSELF

Adjust the schedule to your life. Space hard efforts. Tired? Fix sleep, food, hydration, Recovery. Terrible run — learn and go again. Hurt? Stop. Racing? Ease before and recover after.

3MK RUN FASTER

WEEK 1

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

4.0 K

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
8 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

5:00 min Warm Up
400m @ 5K · 800m @ 10K · 400m @ 5K · 800m @ 10K
400m @ 5K · 800m @ 10K · 400m @ 5K
200m Best Pace · 100m Best Pace
1:00 min recovery between all intervals

SPEED — Intervals

Day 5

LONG RUN

8.0 K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 2

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

4.0 K

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
10 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

5:00 min Warm Up
400m @ 5K · 800m @ 10K · 400m @ 5K · 800m @ 10K
400m @ 5K · 800m @ 10K · 400m @ 5K
200m Best Pace · 100m Best Pace
1:00 min recovery between all intervals

SPEED — Intervals

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 3

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

4.0 K

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
12 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

5:00 min Warm Up
400m @ 5K · 800m @ 10K · 400m @ 5K · 800m @ 10K
400m @ 5K · 800m @ 10K · 400m @ 5K
200m Best Pace · 100m Best Pace
1:00 min recovery between all intervals

SPEED — Intervals

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 4

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

4.0 K

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
14 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

5:00 min Warm Up
400m @ 5K · 800m @ 10K · 400m @ 5K · 800m @ 10K
400m @ 5K · 800m @ 10K · 400m @ 5K
200m Best Pace · 100m Best Pace
1:00 min recovery between all intervals

SPEED — Intervals

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 5

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
16 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

6:00 min Warm Up
400m @ Mile · 800m @ 5K · 400m @ Mile · 800m @ 5K
400m @ Recovery · 800m @ 10K · 2000m @ Recovery
1:00 min recovery between all intervals

SPEED — Intervals

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 6

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

35:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
2 × 800m @ 10K pace — 1:00 recovery after each
2 × 400m @ 5K pace — 1:30 recovery after each
4 × 200m @ Mile pace — 2:00 recovery after each
1:00 min Best Pace

SPEED — Intervals

Day 3

RECOVERY

35:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

2 × 1:30 @ 10K pace · 3 × 1:00 @ 5K pace
4 × 0:30 @ Mile pace · 5 × 0:15 @ Best pace
Continuous Fartlek — easy recovery equal to each hard interval

SPEED — Fartlek

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

3MK RUN FASTER

WEEK 7

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

40:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
16 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

35:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

7:00 min Warm Up
4 × 400m @ 5K pace — 1:00 recovery after each
10:00 Tempo Run · 2:00 Recovery Run
4 × 400m @ 5K pace — 1:00 recovery after each

SPEED — Intervals + Tempo

Day 5

LONG RUN

10K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 8

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

40:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
23:00 min Tempo Run
First 12:00 out strong & controlled
Last 11:00 back progressively faster (same distance out & back)

SPEED — Tempo Run

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

5:00 min Warm Up
800m @ 5K pace · 400m Recovery Run · 400m @ Mile pace
8 × 100m Best Pace — 2:00 recovery after each interval

SPEED — Intervals

Day 5

LONG RUN

10K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 9

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
Repeat 3x: 1:00 @ 10K effort · 0:30 @ 5K effort · 2:00 Recovery Run

SPEED — Hills

Day 3

RECOVERY

50:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

7:00 min Warm Up
20:00 min Tempo Run

SPEED — Tempo Run

Day 5

LONG RUN

12K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 10

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

45:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
20 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

8:00 min Warm Up
800m @ 10K · 400m @ Mile · 600m @ 5K · 400m @ Mile
600m @ 5K · 400m @ Mile · 1K @ 10K · 0:30 Best Pace
1:00 recovery between all intervals

SPEED — Intervals

Day 5

LONG RUN

12K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 11

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

45:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
4 × 2K @ 5K pace — 2:00 recovery between intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

SPEED

8:00 min Warm Up
600m @ 10K · 400m @ Mile · 600m @ 5K · 200m @ Mile
400m @ 5K · 200m @ Mile · 1K @ 10K · 200m Best Pace
1:00 recovery between all intervals

SPEED — Intervals

Day 5

LONG RUN

12K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 12

Elite Running · Space hard days · Use recovery & rest

Day 1

RECOVERY

5K Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
1K @ Recovery pace
800 m @ 10K pace
600 m @ 5K pace
400 m @ Mile pace
200 m @ Best pace

SPEED — Tempo / Ladder

Day 3

RECOVERY

25:00 min Recovery Run

RECOVERY RUN

Day 4

RECOVERY

2K easy

SHAKEOUT

Day 5

RACE / TEST

8 km time trial (or race)
Feel the rhythm — breathe and relax

RACE DAY or TEST DAY

Taper feel — keep legs fresh for Race / Test Day.

3MK RUN FASTER

Race day / Test day

Elite Running

WEEK 12 FINISH

Race Day or Test Day: 8 km time trial.

Trust the work from weeks 1–11. Feel the rhythm, breathe, relax.

Use your result to set the next parkrun / 5K / Hyrox run target.

WANT THIS PERSONALISED?

3MK Run Faster coaching

Tailored run plans for parkrun PBs, Hyrox run splits, and faster 1K pace — with accountability and weekly adjustments.

3-mk.com/runfaster

Keep showing up. Feel the rhythm, breathe, and relax. Tag @3mkrun when you smash a PB.