

5K Training Plans

Beginner 5k Training Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	REST	Run 1 min, walk 1 min. Repeat x 10	REST	Run 2 min, walk 4 min Repeat x 5	REST	REST	Run 2 min, walk 4 min. Repeat x 5
2	REST	Run 3 min, walk 3 min. Repeat x 4	REST	Run 8 min, walk 2 min. Repeat x 3	REST	REST	Run 5 min, walk 3 min. Repeat x 3
3	REST	Run 7 min, walk 2 min. Repeat x 3	REST	Run 8 min, walk 2 min. Repeat x 3	REST	REST	Run 8 min, walk 2 min. Repeat x 3
4	REST	Run 8 min, walk 2 min. Repeat x 3	REST	Run 10 min, walk 2 min. Repeat x 2 and finish with 5 min jog	REST	REST	Run 8 min, walk 2 min. Repeat x 3
5	REST	Run 9 min, walk 1 min. Repeat x 3	REST	Run 12 min, walk 2 min. Repeat x 2 and finish with 5 min jog	REST	REST	Run 8 min, walk 2 min. Repeat x 3
6	REST	Run 15 min, walk 1 min. Repeat x 2	REST	Run 8 min, walk 2 min. Repeat x 3	REST	REST	RACE DAY

Intermediate 5k Training Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	REST	20-25 min easy	REST	10 min easy, then 4 x 1 brisk with 2 min jog recovery, then 10 min easy	REST	20 min easy	30 min easy
2	REST	20-25 min easy	REST	10 min easy, then 20 min fartlek training	REST	20 min easy	35 min easy
3	REST	25-30 min easy	REST	10 min easy, 20 min fartlek training	REST	25 min easy	40 min easy
4	REST	10 min easy, then timed 1 mile-fast, then 10 min easy	REST	10 min easy, then 20 min fartlek, then 10 min easy	REST	20 min easy	45 min easy
5	REST	25-30 min easy	REST	10 min easy, 3 x 3 min brisk with 3 min jog recovery then 10 min easy	REST	25 min easy	35 min easy
6	REST	25 min easy including 6 x 20-40 sec fast pace running	REST	20-25 min easy	REST	15 min easy or rest	RACE DAY