

BEGINNER 5K TRAINING PLAN



WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
1	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	Rest
2	Run 3 Min Walk 3 Min Repeat x 4	Rest	Run 3 Min Walk 3 Min Repeat x 4	Rest	Rest	Run 5 Min Walk 3 Min Repeat x 3	Rest
3	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	Rest
4	Run 8 Min Walk 2 Min Repeat x 3	Rest	Run 10 Min Walk 10 Min Repeat x 2 Run 5 Min	Rest	Rest	Run 8 Min Walk 2 Min Repeat x 3	Rest
5	Run 9 Min Walk 1 Min Repeat x 3	Rest	Run 12 Min Walk 2 Min Repeat x 2 Run 5 Min	Rest	Rest	Run 8 Min Walk 2 Min Repeat x 3	Rest
6	Run 15 Min Walk 1 Min Repeat x 2	Rest	Run 8 Min Walk 2 Min Repeat x 3	Rest	Rest	Run 5K!	Rest

INTERMEDIATE 5K TRAINING PLAN



WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
1	20-25 min easy	Rest	10 min easy, 4 x 1 min fast, 10 min easy	Rest	20 min easy	30 min easy	Rest
2	20-25 min easy	Rest	10 min easy, 5 x 90 sec fast, 10 min easy	Rest	20 min easy	35 min easy	Rest
3	20-25 min easy	Rest	10 min easy, 20 mins fast	Rest	25 min easy	40 min easy	Rest
4	10 min easy, 1 mile fast - timed, 10 min easy	Rest	10 mins easy, 20 mins fast, 10 min easy	Rest	20 min easy	45 min easy	Rest
5	25-30 min easy	Rest	10min easy, 3 x 3 min fast, 15 min easy	Rest	25 min easy	35 min easy	Rest
6	25 min easy with 6 x 20-40 secs fast	Rest	20-25 mins easy	Rest	15 mins easy or rest	Run 5K!	Rest

ADVANCED 5K TRAINING PLAN



WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
1	Rest	15-20 min easy	10 x 30 second surges	15-25 min easy	15-20 min (5-10 min fast finish)	Rest	30 - 40 min run
2	Rest	15-20 min easy	12 x 1 minute surges	15-25 min easy	15-20 min (5-10 min fast finish)	Rest	1 mile time trial
3	Rest	20-30 min easy	6 x 2 minute surges	15-25 min easy	20-30 min (10-15 min fast finish)	Rest	40 - 50 min run
4	Rest	20-30 min easy	4 x 4 minute surges	15-25 min easy	20-30 min (10-15 min fast finish)	Rest	2 mile time trial
5	Rest	20-30 min easy	12 x 1 minute surges	15-25 min easy	30-40 min (10-15 min fast finish)	Rest	50 - 60 min run
6	Rest	15-20 min easy	10 x 30 second surges	10-20 min easy	15 - 20 easy	Rest	Run 5K!