

5K TRAINING PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1-2	2 m easy	Rest	2 m interval	2 m easy	Rest	tempo # 1	Rest
Week 3-4	3 m easy	Rest	2 m interval	3 m easy	Rest	tempo # 2	Rest
Week 5-6	4 m easy	Rest	3 m interval	3 m easy	Rest	tempo # 3	Rest
Week 7-8	4 m easy	Rest	3 m interval	4 m easy	Rest	tempo # 4	3 m easy
Week 9-10	5 m easy	Rest	3 m interval	4 m easy	Rest	tempo # 5	4 m easy
Week 11-12	5 m easy	Rest	3 m interval	4 m easy	Rest	tempo # 6	4 m easy

Easy work-outs should be very comfortable - talking intensity!

Interval work-outs should be at 20 seconds per mile faster than your 5K goal pace. Examples include:

- 5-8 x 400 m, (.25 mile), (jog 3 minutes for recovery)
- 10-16 x 200 m, (.13 mile), (jog 2 minutes for recovery)
- 2-4 x 800 m, (.5 mile), (walk 4 minutes for recovery)
- 4-6 x 600 m, (.37 mile), (walk 3 minutes for recovery)

Tempo work-outs should be at 30 seconds per mile slower than your 5K goal pace.

- Tempo # 1 - 3 x 2 x 3 workout *(3 x 2 x 3 means 3 repeats of 2 min at tempo pace with a 3 min jog recovery)*
- Tempo # 2 - 4 x 2 x 3 workout
- Tempo # 3 - 3 x 4 x 3 workout
- Tempo # 4 - 3 x 5 x 3 workout
- Tempo # 5 - 3 x 6 x 4 workout
- Tempo # 6 - 3 x 7 x 4 workout

Interval and tempo work-outs should be preceded with at least a 3-4 min warm-up.