

5k Plans: Beginners through to Advanced

5K Training Schedule for Beginners

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1 mi run	CT or Rest	1 mi run	Rest	1.5 mi run	20-30 min run or CT
2	Rest	1.5 mi run	CT or Rest	1.5 mi run	Rest	1.75 mi run	20-30 min run or CT
3	Rest	2 mi run	CT or Rest	1.5 mi run	Rest	2 mi run	20-30 min run or CT
4	Rest	2.25 mi run	CT or Rest	1.5 mi run	Rest	2.25 mi run	25-35 min run or CT
5	Rest	2.5 mi run	CT or Rest	2 mi run	Rest	2.5 mi run	25-35 min run or CT
6	Rest	2.75 mi run	CT	2 mi run	Rest	2.75 mi run	35-40 min run or CT
7	Rest	3 mi run	CT	2 mi run	Rest	3 mi run	35-40 min run or CT
8	Rest	3 mi run	CT or Rest	2 mi run	Rest	Rest	5K Race!

CT = Cross Train, ie cycle, swim, gym, pilates, yoga

5K Advanced Beginner Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1.5 m run	CT	1.5 m run (race pace)	Rest	2 m run	30 min EZ run or CT
2	Rest	2 m run	CT	1 m run (race pace)	Rest	2.5 m run	30 min EZ run or CT
3	Rest	2 mi run	CT	1.5 m run (race pace)	Rest	2.5 m run	30 min EZ run or CT
4	Rest	2.5 m run	CT	1.5 m run (race pace)	Rest	3 m run	35-40 min EZ or CT
5	Rest	3 m run	CT	1.5 m run (race pace)	Rest	3.5 m run	35-40 min EZ run or CT
6	Rest	3.5 m run	CT	1.5 m run (race pace)	Rest	4 m run	35-40 min EZ run or CT
7	Rest	3 m run	CT	1.5 m run (race pace)	Rest	4 m run	40 min EZ run or CT
8	Rest	3 m run	CT or Rest	2 m run	Rest	Rest	5K Race!

5k Plans: Beginners through to Advanced

5K Training Schedule for Intermediate Runners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	CT or Rest	3 x 400 IW	2 m run	30 min tempo	Rest	5 m run	30 min EZ
2	CT or Rest	4 x 400 IW	2 m run	30 min tempo	Rest	5 m run	35 min EZ
3	CT or Rest	4 x 400 IW	3 m run	30 min tempo	Rest	6 m run	35 min EZ
4	CT or Rest	5 x 400 IW	3 m run	35 min tempo	Rest	6 m run	40 min EZ
5	CT or Rest	5 x 400 IW	3 m run	35 min tempo	Rest	7 m run	35 min EZ
6	CT or Rest	6 x 400 IW	3 m run	40 min tempo	Rest	6 m run	40 min EZ
7	CT or Rest	6 x 400 IW	3 m run	40 min tempo	Rest	7 m run	45 min EZ
8	CT or Rest	3 m run	30 min tempo run	2 m run	Rest	Rest	5K Race!

IW = Interval Workout. So 4x400m means run hard for 400m and then jog or walk/jog 400m and repeat 4 times in total

30 min Tempo run = 10 mins warm up with 20 minutes at a 'comfortably hard' pace

5K Training Schedule for 'Advanced' Runners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	CT or Rest	4 x 400 IW	4 m run	30 min tempo	Rest	5 m run	35 min EZ
2	CT or Rest	4 x 400 IW	4 m run	30 min tempo	Rest	5 m run	35 min EZ
3	CT or Rest	5 x 400 IW	5 m run	30 min tempo	Rest	6 m run	40 min EZ
4	CT or Rest	6 x 400 IW	5 m run	35 min tempo	Rest	6 m run	45 min EZ
5	CT or Rest	6 x 400 IW	5 m run	35 min tempo	Rest	7 m run	40 min EZ
6	CT or Rest	6 x 400 IW	5 m run	40 min tempo	Rest	6 m run	40 min EZ
7	CT or Rest	5 x 400 IW	4 m run	40 min tempo	Rest	7 m run	45 min EZ
8	CT or Rest	3 m run	30 min tempo run	2 m run	Rest	Rest	5K Race!

Wed and Saturday are at a 'comfortable' pace. This isn't really an advanced plan but it is a sensible progression on the above!