

5KM TRAINING PROGRAMME

WRITTEN FOR COMBAT STRESS

BEGINNER Weeks 1 to 6



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	X - Training of your choice	Easy 30 min, followed by half a dozen easy strides over 100m and cool down jog	Off	Off	Very easy 30 min	Very easy 30 min	Steady 20 min
2	X - Training of your choice	Easy 30 min followed by half a dozen easy strides over 100m and cool down jog	Off	Off	10 min steady, 10 min fast, 10 min steady	Easy 30 min	Steady 30 min
3	X - Training of your choice	Easy 30 min followed by half a dozen easy strides over 100m and cool down jog	Off	30 min steady pick up pace in the last 10 min	Off	40 min easy/steady	20 min at faster pace
4	X - Training of your choice	Easy 30 min, plus 6 x 100m stride and cool down	Off	40 min, including 3 x 3 min surges, 4 min rest	Off	45 min easy/steady	30 min steady
5	X - Training of your choice	Easy 30 min	Off	40 min, including 3 x 4 min surges with 3 min rest	Off	Very easy jog (15 min)	Race 5m (5m not 5K) or run 30 min hard
6	Off	Very easy 30 min followed by half a dozen easy strides over 100m	Off	Off	40 min, including 5 x 2 min fast off 3 min jog	40 min steady	30 min steady



BEGINNER Weeks 7 to 12



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	X - Training of your choice	Easy 30 min followed by a dozen easy strides over 100m	Steady 30 min	Off	45 min including 3 x 6 min surges with 3 min rest	20 min steady	50 min at easy pace
8	X - Training of your choice	Easy 30 min followed by a dozen easy strides over 100m	Steady 30 min	Off	50 min gentle fartlek, efforts of 1min to 5 min	Easy 40 min	Steady 50 min
9	X - Training of your choice	Easy 30 min followed by a dozen easy strides over 100m	Off	40 min, including 8 x 1 min hard, 2 min jog	Off	30 min steady	30 min steady
10	X - Training of your choice	Easy 40 min	Jog 20 min	Off	50 min, including 4 x 4 min surges with 2 min rest	30 min steady	40 min steady
11	X - Training of your choice	Very easy 30 min followed by 6 x 100m	Off	50 min steady	Off	30 min easy with 10 min pace in the middle	45 min run
12	X - Training of your choice	20min jog	Off	30min including 4 x 20 sec strides	40 min, including 5 x 2 min fast off 3 min jog	20 min jog followed by 6 x 100 min feeling smooth	RACE DAY



INTERMEDIATE Weeks 1 to 6



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	X - Training of your choice	Easy 6 miles followed by 6 x 100m	Steady 8 miles picking the pace up at the end	Easy 5 miles	5 miles steady	Warm up, 5 x 1 mile off 2 min rest, warm down	Long run, 11 miles
2	X - Training of your choice	Easy 6 miles followed by 6 x 100m	3 x (3 min hard, 90 sec jog, 1 min hard), off 3min	Easy 8 miles	Very easy 5 miles followed by 6 x 100m	8 miles, including 4 x 4 min hard, 2 min rest	Long run, 11 miles
3	X - Training of your choice	Easy 6 miles followed by 6 x 100m	8 miles, including 8 x 1 min off 2 min rest	Easy 8 miles	Steady 5 miles	8 miles, including 4 x 5 min hard, 2 min rest	Long run, 12 miles
4	X - Training of your choice	Easy 6 miles followed by 6 x 100m	Steady 5 miles including 5 x 3 min off 2 min rest	Very easy 8 miles	Easy 5 miles followed by 6 x 100m	Short jog and stretching	RACE 10K
5	X - Training of your choice	Easy 6 miles followed by 6 x 100m	8 miles including 10 min. hard at the end before jogging last mile	Easy 10 miles	Steady 5 miles	45 min including 3 x 6 min hard, 3 min jog	Long run, 11miles
6	Off	Easy 6 miles	8 miles steady	Easy 8 miles	Steady 5 miles, with 5 x 30 sec stride	Warm up, 6 x 3 min, 2 min rest, warm down	Easy 13 miles



INTERMEDIATE Weeks 7 to 12



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	X - Training of your choice	Easy 6 miles followed by 6 x 100m	Warm up, 2 x 10 min hard, 10 min rest	Easy 10 miles	Steady 8 miles	3 x 4 mile, off 2 min jog rest	Long run, 12 miles
8	X - Training of your choice	Easy 6 miles followed by 6 x 100m	4 x (3 min hard, 1 min jog, 2 min hard) 4 min rest	Easy 10 miles	Steady 8 miles	4 x 1 mile, 2 min jog	Long run, 12 miles
9	X - Training of your choice	Easy 6 miles followed by 6 x 100m	2 miles warm-up, 10 x 1 min, 2 min rest, 2 miles	Easy 9 miles	8 miles steady	45 min at steady / fast pace	Long run, 13 miles
10	X - Training of your choice	Easy 6 miles followed by 6 x 100m	8 miles steady	Off	Light jog up to 30 min	20 min jog and stretch	<u>RACE 10K</u>
11	X - Training of your choice	Easy 6 miles followed by 6 x 100m	Warm up, 5 x 3 min, 3 min rest, warm down	Off	Steady 10 miles	Warm up, 4 x 5 min, 3 min rest, warm down	Long run 10 miles
12	X - Training of your choice	20 min jog	Off	30 min including 4 x 20 sec strides	Off	30 min steady including 4 x 100m stride	<u>RACE DAY</u>



ADVANCED Weeks 1 to 6



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	Warm up, 8 x 2 min off 2 min rest, warm down	Easy 6-10 miles	Steady 8 miles	5 x 1 mile, 2 min rest	Long run, 14 miles
2	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	Warm up, 4 x (3 min, 1 min rest, 1 min jog)	Easy 6-10 miles	Steady 10 miles, off road where possible	Warm up, 5 x 4 min, 2 min rest, warm down	Long run, 13 miles
3	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	Warm up, 7 min, 6 min, 5, 4, 1, 1, 1 & 1 min hard, all off 2 min rest	6-10 miles easy	Easy 6 miles	Warm up, 5 x 4 min, 2 min rest, warm down	Long run, 13 miles
4	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	Warm up, 10 min hard, 5 min jog, 3 x 1 min off 1min jog, warm down	6-10 miles easy	8 miles steady	Warm up, 4 x 5 min, 2 min rest, warm down	Long run, 14 miles
5	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	10 miles steady including 8 x 30 sec. stride	10 miles easy	7 miles steady with 6 x 100 m stride	Off	RACE 10K
6	Off	3-5 miles easy (am); 4-6 miles easy (pm)	2 x (10 x 30 sec off 45 sec. rest) 6 min rest	6-10 miles	8 miles steady	Warm up, 7 x 3 min, 2 min rest, warm down	Long run, 14 miles



ADVANCED Weeks 7 to 12



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	Warm up, 3 x (5 min hard, 1 min rest, 1 min hard) 3 min rest	6-10 miles easy	6-8 miles steady	Warm up, 5 x 6 min, 3 min rest, warm down	Long run, 13 miles
8	X - Training of your choice	Easy 6 miles, followed by 6 x 100m	10 miles easy including some strides	Easy 6 miles	Easy 8 miles	20 min jog and 6 x 100 stride	RACE 10K
9	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	Warm up, 15 x 1 min off 1 min rest, warm down	Easy 6 miles	10 mile steady	Warm up, 6 x 3 min off 90 sec. rest, warm down	Long run, 14 miles
10	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	Warm up, 10 min hard, 5 min rest, 4 x 1 min off 1 min rest, warm down	Steady 8 miles	6 miles including 6 x 30 sec stride out	Warm up, 3 x 8 min off 2 min rest, warm down	Long run, 14 miles
11	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	Warm up, 4 x 1 min off 1 min rest, 3 min rest, 5 min hard, 3 min, 4 x 1 min off 1 min rest	Easy 8-10 miles	6 miles steady including 6 x 100 fast stride	Off	Long run, 12 miles
12	X - Training of your choice	3-5 miles easy (am); 4-6 miles easy (pm)	6 miles gentle fartlek	3 miles easy	Off	30 min including 4 x 20 sec strides	RACE DAY

