

5k Training Plan



Get ready for race day with this easy-to-follow training plan. These simple steps will help you achieve your best time; whether you're a veteran or new to running, you'll be prepared for the starting line.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	WALK/RUN 10W/10R/10 W	WORKOUT 1	WALK/RUN 10W/10R/10 W	REST	WALK/RUN 10W/10R/10 W	XT 30MIN OR REST	WALK/RUN 10W/15R/5W
Week 2	REST	WALK/RUN 10W/15R/5W	REST	WALK/RUN 10W/15R/5W	XT 30MIN OR REST	WALK/RUN 10W/20R/10 W	REST
Week 3	WALK/RUN 10W/20R/10 W	REST	WALK/RUN 10W/20R/10 W	XT 40MIN OR REST	WALK/RUN 10W/15R/5W	REST	WALK/RUN 10W/15R/5W
Week 4	REST	WALK/RUN 10W/15R/5W	XT 30MIN OR REST	WALK/RUN 10W/20R/10 W	REST	WALK/RUN 10W/20R/10 W	REST
Week 5	WALK/RUN 10W/20R/10 W	XT 40MIN OR REST	WALK/RUN 10W/25R/5W	REST	WALK/RUN 10W/25R/5W	REST	WALK/RUN 10W/25R/5W
Week 6	XT 40MIN OR REST	WALK/RUN 10W/30R/10 W	REST	WALK/RUN 10W/30R/10 W	REST	WALK/RUN 10W/30R/10 W	XT 50MIN OR REST
Week 7	WALK/RUN 10W/25R/5W	REST	WALK/RUN 10W/25R/5W	REST	WALK/RUN 10W/25R/5W	XT 40MIN OR REST	YOU DID IT !

Glossary

W: walk

R: run

XT: cross training, which primarily consists of strength training but can also mean cycling, swimming or any other form of active recovery

Negative split: for example, in a 30-minute run, the third 10 minutes is faster than the second which is faster than the first