

8 WEEK 5km RUN TRAINING SCHEDULE:

	WK1	Wk2	WK3	WK4	WK5	WK6	WK7	WK8
MON	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
TUES	0.5km E	1km E	1.5km S	2km S	2,5km S/M	3km S/M	4km S/M	4km S/M
WED	5x 200m Sp/M/F	3x100m 2x200m 1x400m Sp/M/F	10x150m Sp/M/F	3x200m 2x400m 1x600m Sp/M/F	20min Speed Play	4x1km M	10x200m Sp/F	20min Speed Play
THUR	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
FRI	3x400m Sp/M/F	3x600m Sp/M/F	10min Speed Play M	6x200m Sp/M/F	3x (100m, 200m, 400m, 600m) Sp/F	20min Speed Play	6x400m Sp/F	2.5km- 3km E
SAT	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
SUN	1km S	1.5k E	2km S	2.5k S	2.5k S/M	3km S/M	4km S/M	RACE DAY
Speed Play: Alternate Fast and Easy pace every 40 – 90secs,			E: Easy Pace	S: Comfortable, steady pace	M: Medium Pace	Sp: Sprint, flat out pace	F: Fast but slower than flat out pace	

- Rest and work days can be switched.
- Distances should follow in order. The point is to build up the mileage and then taper it back down in time for race day – you never actually complete the full distance in training.
- Try to take the longest run of the week on the same day of the week that the race will be taking place.
- Make sure you train in the trainers you'll be competing in. You'll want to wear them in before race day to avoid blisters.

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