



8 - W E E K

BREAK 30 MINUTES • 5K TRAINING PLAN

This eight-week plan is designed for runners who want to finish a 5K in 30 minutes, which means running an average pace of 9:39 per mile.

It features four days of running per week, including easy runs and tempo runs, plus long runs of four to seven miles. Weekly mileage starts at 13 and peaks at 20 miles per week two weeks before the race. You'll find suggested paces for workouts throughout the plan.

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BREAK 30 MINUTES • 5K TRAINING PLAN



| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------|--------|---------------------|-------------------------------------|------------------------|---------------------|--------|---------------------|
| WEEK 1 | Rest | 2 miles Easy Run | 4 miles Easy Run | Rest or Cross-Train | 3 miles Easy Run | Rest | 4 miles LSD |
| WEEK 2 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| WEEK 3 | Rest | 2 miles Easy Run | 4 miles Easy Run | Rest or Cross-Train | 3 miles Easy Run | Rest | 5 miles LSD |
| WEEK 4 | DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| WEEK 5 | Rest | 3 miles Easy Run | 4 miles with 2 miles at Tempo | Rest or Cross-Train | 3 miles Easy Run | Rest | 4 miles Easy Run |
| WEEK 6 | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| WEEK 7 | Rest | 3 miles Easy Run | 4 miles with 2 miles at Tempo | Rest or Cross-Train | 3 miles Easy Run | Rest | 6 miles LSD |
| WEEK 8 | DAY 29 | DAY 30 | DAY 31 | DAY 32 | DAY 33 | DAY 34 | DAY 35 |
| WEEK 9 | Rest | 3 miles Easy Run | 5 miles with 3 miles at Tempo | Rest or Cross-Train | 4 miles Easy Run | Rest | 4 miles LSD |
| WEEK 10 | DAY 36 | DAY 37 | DAY 38 | DAY 39 | DAY 40 | DAY 41 | DAY 42 |
| WEEK 11 | Rest | 4 miles Easy Run | 5 miles with 3 miles at Tempo | Rest or Cross-Train | 4 miles Easy Run | Rest | 7 miles LSD |
| WEEK 12 | DAY 43 | DAY 44 | DAY 45 | DAY 46 | DAY 47 | DAY 48 | DAY 49 |
| WEEK 13 | Rest | 3 miles Easy Run | 4 miles with 2 miles at Tempo | Rest or Cross-Train | 3 miles Easy Run | Rest | 4 miles LSD |
| WEEK 14 | DAY 50 | DAY 51 | DAY 52 | DAY 53 | DAY 54 | DAY 55 | DAY 56 |
| WEEK 15 | Rest | 4 miles Easy Run | 3 miles with 1 mile at Tempo | Rest or Cross-Train | 2 miles Easy Run | Rest | RACE DAY! |

THE WORKOUTS

► Rest

Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

► Cross-Train

Cross-training can include strength workouts, cycling, swimming, yoga, exercise class, the elliptical trainer, rowing machine, or any physical activity you love that isn't running or walking. These workouts give the muscles you use in walking and running a chance to recover, while strengthening other parts of your body, boosting all-around fitness and preventing injuries. Plus, it helps prevent burnout to keep you running strong and injury-free.

► Easy Run

These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs.

► LSD: Long Slow Distance

Long, slow distance runs build your endurance, improve aerobic capacity, develop your strength, and get you accustomed to spending a longer time on your feet. While you'll see prescribed paces, don't stress about hitting that exact speed; focus more on the distance you want to cover for the day. Start at an effort that feels conservative (you should be able to have a conversation), so you have the energy to finish feeling good.

► Tempo

Tempo runs train your body to run faster for longer. After an easy warmup, run the prescribed miles at the tempo pace listed, then cool down with easy running. Your tempo pace should feel hard but controlled. You won't be able to talk comfortably, but it shouldn't feel as if you're racing. It's a tough pace to stick out, but you can keep going. On a rate of perceived exertion scale of 1 to 10, with 10 being all-out, tempo hits around 6 or 7.

WEEK 1

WEEK 2

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WEEK 8

Day 1: Rest

Welcome to the Runner's World Break 30 Minutes 5K Plan! Today, your training kicks off with a day of rest. This week you'll have two more rest days, three easy runs, and a longer run of four miles.

Day 2: 2 miles Easy Run

When you head out today, focus on maintaining a comfortable, conversational rhythm. These easy days are meant to strengthen muscles, build endurance, and burn fat, but the key is to keep the effort conservative so you're not worn out for the hard workouts ahead. You want to finish each run feeling like you have the energy to run longer. (Pace: 11:58/mile)

Day 3: 4 miles Easy Run

Run at your relaxed pace today, or cross-train on a bike or an elliptical trainer. You may feel like the prescribed pace is too easy. But the key is to take the easy runs easy so you can build your fitness without getting injured. (Pace: 11:58/mile)

Day 4: Rest or Cross-Train

Ideally, on rest days you should do no exercise at all. But it's okay to cross-train with a no-impact activity like stretching, yoga, or swimming.

Day 5: 3 miles Easy Run

Head out for an easy 3 miles today. You also have the option to cross-train, which you should do for the same amount of time your run would take. (Pace: 11:58/mile)

Day 6: Rest

When you first start training, it's easy to think that more is better. But whenever you run instead of resting, or go harder than you should, you raise your risk of exhaustion, burnout, and injury. Stay focused on your bigger objective of getting to the starting line healthy, and staying energized for your quality workouts.

Day 7: 4 miles LSD

Focus on covering 4 miles at an easy effort today. If you feel like taking short walk breaks, that's okay. The goal is to stay on your feet for the given distance. (Pace: 11:58/mile)

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Day 8: Rest

Welcome to week 2 of training. This week your training will be nearly identical to last week, with three short runs and three days of rest. Your long run will inch up to five miles. Focus on creating a consistent routine with your running.

Day 9: 2 miles Easy Run

If you're an early morning runner, be sure to prep for your run the night before, including having a hearty dinner. Head out for 2 easy miles today. (Pace: 11:58/mile)

Day 10: 4 miles Easy Run

As much as possible, try to incorporate hills into the early stages of your training. Hills build leg and lung power. You won't feel fast going up hills, but you'll feel strong. Pick a variety of short and long hills to keep your mind and muscles engaged. And focus on sustaining an even, steady effort. (Pace: 11:58/mile)

Day 11: Rest or Cross-Train

Take the day off today to prepare for more miles tomorrow. If you're feeling good, you can also opt for your favorite cross-training activity.

Day 12: 3 miles Easy Run

You're back to clocking 3 miles at a conversational pace today. (Pace: 11:58/mile)

Day 13: Rest

Don't worry about losing your fitness on rest days. Rest builds strength, reduces fatigue, and prevents injuries.

Day 14: 5 miles LSD

Slow your pace the last mile of your run, and then walk for a few minutes before stopping. Within an hour, consume a snack with healthy carbs to refill your glycogen stores, and protein to repair your muscles. (Pace: 11:58/mile)

► For more on postrun nutrition, [check out our guide](#).

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Day 15: Rest

Welcome to week 3 of training! This week you'll have three short runs and three days of rest. On Sunday, your long run will drop to four miles. On Wednesday, you'll do your first tempo run, during which you'll practice holding a faster pace for a longer distance. This will help you develop the speed endurance you'll need for the race.

Day 16: 3 miles Easy Run

You've got 3 easy miles on the schedule today. Keep it conversational. (Pace: 11:58/mile)

Day 17: 4 miles with 2 miles of Tempo

- 1-mile warmup
 - 2 miles at tempo pace (10:00/mile)
 - 1-mile cooldown
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Day 18: Rest or Cross-Train

If you're feeling tired from yesterday's tempo run, definitely take the rest day. If you're feeling good, you still have that option to cross-train. If you're looking for a good cross-training activity, jump in the pool. Swimming builds strength in the upper body and core, which will help you maintain good form during races and hard workouts.

Day 19: 3 miles Easy Run

Keep today's pace easy for 3 miles. (Pace: 11:58/ mile)

Day 20: Rest

Take the day off to prepare for tomorrow's long run.

Day 21: 4 miles Easy Run

Good running form can help prevent injuries and make running feel easier, especially on these longer runs. Try to run tall and avoid hunching over. Keep your chin up and look straight ahead. Relax your shoulders and shake out your arms to stay loose. (Pace: 11:58/mile)

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Day 22: Rest

This is week 4 of training! This week will follow a similar pattern to last week with three days of rest, two short runs, and a tempo run. Your long run will extend to six miles.

Day 23: 3 miles Easy Run

If you're feeling energetic on an easy day, you may have a tough time holding back. Resist the temptation to speed up; it's better to save your energy for the hard workouts. (Pace: 11:58/mile)

► For tips on how to keep your easy pace truly easy, [check out our expert-backed strategies.](#)

Day 24: 4 miles with 2 miles of Tempo

- 1-mile warmup
- 2 miles at tempo pace (10:00/mile)
- 1-mile cooldown

Day 25: Rest or Cross-Train

Take the day off or do your favorite low-impact activity.

► Strength training is always an option for cross-training days. Need inspiration? [We have more than 50 workouts for you to try.](#)

Day 26: 3 miles Easy Run

Today's 3 miles are meant to feel easy. (Pace: 11:58/mile)

► Need some motivation? Music can help reduce perceived exertion and give you a mood boost. [You can find the perfect soundtrack with our extensive line-up of playlists.](#)

Day 27: Rest

Take today off to rest for tomorrow's long run.

Day 28: 6 miles LSD

Hook up with a buddy or a running club when you're running longer than usual—you'll be surprised how easily the miles roll by when you're in good company. (Pace: 11:58/mile)

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Day 29: Rest

Welcome to week 5! This week you'll ratchet up the intensity of your runs. You'll have two short runs and a tempo run, which is slightly longer and a little faster than last week. Your long run will again drop back to four miles. The target pace of your easy runs will get a little faster, too.

Day 30: 3 miles Easy Run

Don't avoid the hills—run for them. Running hills develops efficiency, endurance, and power. Ascending an incline uses more muscle fibers than running on level terrain, and climbing longer hills makes the body recruit muscles when they're fatigued, which helps develop your finishing speed. As you approach an incline, shorten your stride while maintaining the same cadence. Small, quick steps will help reduce the effort. (Pace: 11:51/mile)

Day 31: 5 miles with 3 miles of Tempo

- 1-mile warmup
- 3 miles at tempo pace (9:50/mile)
- 1-mile cooldown

Day 32: Rest or Cross-Train

Don't underestimate the effects that stress from work, deadlines, chores, bills, kids, and lack of sleep can have on your runs. All those factors can impact your ability to recover properly. If you need the day off, take it!

Day 33: 4 miles Easy Run

Be sure to run on a variety of surfaces like soft trails, not just concrete. Varying the surfaces will help you prevent injuries by giving certain muscles and joints a rest while strengthening other muscles and joints. (Pace: 11:51/mile)

Day 34: Rest

Take today off to prepare for tomorrow's long run.

Day 35: 4 miles LSD

If at all possible, do some of your training on the racecourse. Previewing the hills, turns, and narrow spaces will help you feel more confident and relaxed going into your big goal event. If you're not able to run on the course, look at the course map and elevation chart, which should be posted on the event website. Try to do some runs that simulate the same pattern of elevation change that you'll face in the race. (Pace: 11:51/mile)

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Day 36: Rest

Welcome to week 6 of training! This week you'll have two short runs and a tempo run, which will be the same distance as last week. Your long run will move up to seven miles.

Day 37: 4 miles Easy Run

Keep today easy, but incorporate hills if you're feeling up for it. (Pace: 11:51/mile)

Day 38: 5 miles with 3 miles of Tempo

- 1-mile warmup
- 3 miles at tempo pace (9:50/mile)
- 1-mile cooldown

Day 39: Rest or Cross-Train

If you're up for cross-training today, go for it. Otherwise, enjoy a day of rest.

Day 40: 4 miles Easy Run

Today is all about chasing those easy miles. (Pace: 11:51/mile)

Day 41: Rest

Now's a good time to make sure you're all set with gear for the race. If your favorite shorts need an upgrade, replace them now and get plenty of practice running in the new ones before race day.

Day 42: 7 miles LSD

When you're tired, especially on long runs, the natural tendency is to tighten up in the arms and hunch up the shoulders. When you notice this, drop your arms to your sides and gently shake them out as you exhale. Then keep running the distance—this is your longest run of the training block. (Pace: 11:51/mile)

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Day 43: Rest

This is week 7 of training! You'll reduce your mileage this week so you can recover from all the hard work you've done and get refreshed for the race. You'll have two shorter runs and a shorter tempo run. Your long run will drop back to four miles.

Day 44: 3 miles Easy Run

It's easy to mindlessly run the same routes, at the same speed, every day. Before long, you can get stuck in a training rut and become unmotivated. Mix things up by changing your running routes regularly, even if it's just running the same route in the opposite direction. (Pace: 11:51/mile)

Day 45: 4 miles with 2 miles at Tempo

- 1-mile warmup
- 2 miles at tempo pace (9:40/mile)
- 1-mile cooldown

Day 46: Rest or Cross-Train

Today is all about listening to your body to determine if you need a rest day or can turn to some cross-training.

Day 47: 3 miles Easy Run

We're back to 3 miles of easy running today. (Pace: 11:51/mile)

Day 48: Rest

Take today off to prepare for tomorrow's long run.

Day 49: 4 miles LSD

Take today at an easy effort, clocking 4 total miles. Pulling back on mileage will help you feel your best come race day. Resist the urge to push the pace. (Pace: 11:51/mile)

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Day 50: Rest

This is the final week of training. Your race is this weekend! Your hard-core training may be done, but there's still plenty you can do to increase your chances of being your best on race day. Be sure to get plenty of sleep, and iron out all your race-day logistics as soon as possible so you can enjoy your big weekend.

You'll have two short runs and three days of rest this week. On Wednesday you'll do a short tempo run just to get the fast-twitch muscle fibers firing. You may feel tempted to run farther or faster than the training plan prescribes: Resist it. Now is the time to recover from all the hard work you've put in over the past two months, and rest up for the race.

Day 51: 4 miles Easy Run

You've put in all the hard work of training, but have you made a goal for the race? To avoid getting too attached to a number on the clock, pick three goals: one you're confident you can accomplish, one you think you'll probably reach, and a best-of-all-possible-worlds finishing time that may be a stretch. (Pace: 11:51/mile)

Day 52: 3 miles with 1 mile at Tempo

- 1-mile warmup
- 1 mile at tempo pace (9:40/mile)
- 1-mile cooldown

Day 53: Rest

You're close enough to race day to start checking the weather forecast and thinking about what to wear. Whatever the conditions are, you've probably run in them before.

► If you need help choosing proper attire, [use our What to Wear tool](#).

Day 54: 2 miles Easy Run

It's a good time to double-check all your race-day logistics. Do you know when you'll get your bib number? When you need to get to the starting line and where you're going to park? These may seem like little details, but if you leave them up in the air, they can cause a lot of unneeded stress just before the race, when you feel least equipped to handle it. (Pace: 11:51/mile)

Day 55: Rest

You may be nervous that you've rested too much, but relax—you've done enough. Just rest up for tomorrow's race. Eat light meals throughout the day, eat an early dinner, and get plenty of sleep.

Day 56: Race Day

It's race day. Good luck! It's best to start more slowly than you think you should in the first few hundred meters. The biggest mistake runners make is going out too fast. After you cross the finish line, walk to reduce soreness and stiffness in the days ahead. And congratulations! The race lasts less than an hour, but the pride of knowing you've completed the training and the race endures for much longer.

► After you've recovered, consider training with Runner's World again. [Check out the other plans we've designed for 5Ks, 10Ks, half marathons, and marathons](#).