3-DAY/WEEK

5K TRAINING PLAN

RW

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REST	TRACK REPEATS	REST	TEMPO RUN	REST	LONG RUN	REST
WEEK 1	Rest or Cross-Train	8 x 400 meters with 400-meter recovery between	Rest or Cross-Train	2 miles at ST	Rest or Cross-Train	5 miles at LT	Rest or Cross-Train
WEEK 2	Rest or Cross-Train	5 x 800 meters with 400-meter recovery between	Rest or Cross-Train	3 miles at ST	Rest or Cross-Train	6 miles at LT	Rest or Cross-Train
WEEK 3	Rest or Cross-Train	2 x 1600 meters with 400-meter recovery between; 1 x 800 meter with 400-meter recovery between	Rest or Cross-Train	2 miles at ST 1 mile easy 2 miles at ST	Rest or Cross-Train	5 miles at LT	Rest or Cross-Train
WEEK 4	Rest or Cross-Train	400, 600, 800, 800, 600, 400 meters with 400-meter recovery between	Rest or Cross-Train	4 miles at MT	Rest or Cross-Train	6 miles at LT	Rest or Cross-Train
WEEK 5	Rest or Cross-Train	4 x 1000 meters with 400-meter recovery between	Rest or Cross-Train	3 miles at ST	Rest or Cross-Train	7 miles at LT	Rest or Cross-Train
WEEK 6	Rest or Cross-Train	1600, 1200, 800, 400 with 400-meter recovery between	Rest or Cross-Train	1 mile at ST 1 mile easy 1 mile at ST 1 mile easy 1 mile at ST	Rest or Cross-Train	6 miles at LT	Rest or Cross-Train

PLAN ADAPTED FROM *RUN LESS RUN FASTER*   1

5K TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REST	TRACK REPEATS	REST	TEMPO RUN	REST	LONG RUN	REST
WEEK 7	Rest or Cross-Train	10 x 400 meters with 90-sec recovery between	Rest or Cross-Train	4 miles at MT	Rest or Cross-Train	8 miles at LT	Rest or Cross-Train
WEEK 8	Rest or Cross-Train	6 x 800 meters with 90-sec recovery between	Rest or Cross-Train	2 miles at ST 1 mile easy 2 miles at ST	Rest or Cross-Train	7 miles at LT	Rest or Cross-Train
WEEK 9	Rest or Cross-Train	4 x 1200 meters with 400-meter recovery between	Rest or Cross-Train	3 miles at ST	Rest or Cross-Train	7 miles at LT	Rest or Cross-Train
WEEK 10	Rest or Cross-Train	5 x 1000 meters with 400-meter recovery between	Rest or Cross-Train	2 miles at ST 1 mile easy 1 mile at ST 1 mile easy 2 miles at ST	Rest or Cross-Train	7 miles at LT	Rest or Cross-Train
WEEK 11	Rest or Cross-Train	3 x 1600 meters with 400-meter recovery between	Rest or Cross-Train	3 miles at ST	Rest or Cross-Train	6 miles at LT	Rest or Cross-Train
WEEK 12	Rest or Cross-Train	6 x 400 meters with 60-sec recovery between	Rest or Cross-Train	3 miles easy; No additional warmup or cooldown	Rest or Cross-Train	Rest or Cross-Train	RACE DAY!

THE WORKOUTS

▶ **Easy Run**

These miles should feel just as they sound: easy. You want to run at on 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.

▶ **Track Repeats**

Start with a 10- to 20-minute warmup jog, running at an easy effort. Then follow the day's interval workout. Cool down with a 10- to 20-minute easy jog. These workouts should feel challenging, but control your pace so you feel strong by the final rep—not like you completely emptied the tank.

Here's a breakdown on how to figure out your pace for each workout:
- 400 meters = about 60 seconds faster per mile than 5K race pace
- 800 meters = about 50 seconds faster per mile than 5K race pace
- 1000 meters = about 40 seconds faster per mile than 5K race pace
- 1200 meters = about 35 seconds faster per mile than 5K race pace
- 1600 meters = mile pace or about 30 seconds faster per mile than 5K race pace
- 2000 meters = about 20 seconds faster per mile than 5K race pace

▶ **ST - Short Tempo**

To find your pace, add about 15 seconds per mile to your 5K race pace. This should feel like an 8 out of 10 RPE. Warm up for 1 mile, end with 1-mile cooldown.

▶ **MT - Mid Tempo**

To find your pace, add about 30 seconds per mile to your 5K race pace. This should feel like a 7.5 out of 10 RPE. Warm up for 1 mile, end with 1-mile cooldown.

▶ **LT - Long Tempo**

To find your pace, add about 45 seconds per mile to your 5K race pace. This should feel like a 7 out of 10 RPE. Warm up for 1 mile, end with 1-mile cooldown.

▶ **Cross-Training**

On easy days cross-training should involve sustained aerobic activity, like cycling or using an elliptical trainer, for the same amount of time you'd spend on the day's mileage. On rest days, do a no-impact activity like stretching, yoga, or swimming.

▶ **Rest**

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.