

My Training plan

5 KM - 12 Weeks

Week 1:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - 4 x 800m intervals with 400m recovery jog
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 45 minutes long run

Week 2:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 50 minutes long run

Week 3:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - 4 x 1km intervals with 400m recovery jog
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 55 minutes long run

Week 4:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - Rest
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 60 minutes long run

Week 5:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - 4 x 400m intervals with 200m recovery jog
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 45 minutes long run

Week 6:

Monday - 30 minutes easy

Tuesday - 30 minutes easy
Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 50 minutes long run

Week 7:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - 4 x 800m intervals with 400m recovery jog
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 55 minutes long run

Week 8:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - Rest
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 60 minutes long run

Week 9:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - 4 x 1km intervals with 400m recovery jog
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 45 minutes long run

Week 10:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 50 minutes long run

Week 11:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - 4 x 400m intervals with 200m recovery jog
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 55 minutes long run

Week 12:

Monday - 30 minutes easy
Tuesday - 30 minutes easy
Wednesday - Rest
Thursday - 30 minutes easy
Friday - 30 minutes easy
Saturday - Rest
Sunday - 30 minutes easy