

My Training plan

5 KM - 16 Weeks

Week 1:

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

Week 2:

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

Week 3:

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

Week 4:

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

Week 5:

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

Week 6:

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10K pace, 10 minutes cool down

Thursday - 30 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 50 minutes long run

Week 7:

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - 4 x 1 mile intervals with 400m recovery jog

Thursday - 30 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 55 minutes long run

Week 8:

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - Rest

Thursday - 30 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 60 minutes long run

Week 9:

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - 4 x 400m intervals with 200m recovery jog

Thursday - 30 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 45 minutes long run

Week 10:

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10K pace, 10 minutes cool down

Thursday - 30 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 50 minutes long run

Week 11:

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - 4 x 1 mile intervals with 400m recovery jog

Thursday - 30 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 55 minutes long run

Week 12:

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

Week 13:

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

Week 14:

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

Week 15:

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

Week 16:

Monday - 30 minutes easy run
Tuesday - Rest
Wednesday - Rest
Thursday - 30 minutes easy run
Friday - Rest
Saturday - Rest
Sunday - 45 minutes easy run