

# My Training plan

## 5 KM - 16 Weeks

### **Week 1:**

Monday - 30 minutes easy

Tuesday - 30 minutes easy

Wednesday - 4 x 800m intervals with 400m recovery

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 800m intervals with 400m recovery

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 800m intervals with 400m recovery

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  
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 800m intervals with 400m recovery  
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 800m intervals with 400m recovery  
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 - 60 minutes long run

**Week 13:**

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

**Week 14:**

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 15:**

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

**Week 16:**

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