

RUNNER'S WORLD BREAK 30 5-K PLAN

This five-week schedule by coach Andrew Kastor is for runners who currently log 30 to 50 kays a week

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	SPEEDWORK: 6 x 400 metres at 2:15 to 2:20. Jog 1:30 between each.	EASY RUN: 5 to 6 km	TEMPO: 2 x 1-kay tempo at 6:00. Jog 30 to 45 seconds between each.	Rest	EASY RUN: 3 to 5 km	LONG RUN: 10 km
2	Rest	8 x 400 metres at 2:15 to 2:20. Jog 1:30 between each.	6 to 8 km	2-kay tempo at 6:00	Rest	3 to 5 km	11 km
3	Rest	4 x 800 metres at 4:35 to 4:40. Jog 1:30 between each.	8 to 10 km	2 x 2-kay tempo at 6:00. Jog 30 to 45 seconds between each.	Rest	3 to 5 km	12 km
4	Rest	5 x 800 metres at 4:35 to 4:40. Jog 1:30 between each.	5 to 6 km	5-kay tempo at 6:00	Rest	3 to 5 km	8 km
5	Rest	2 x 1-kay tempo at 6:00. Jog 30 to 45 seconds between each.	5 to 6 km	6 x 400 metres at 2:25 (race pace). Jog 1:30 between each.	Rest	3 to 5 km	RACE

WORKOUT KEY → **REST** Take one day off. On the second rest day, do yoga, strength training, or up to 60 minutes of low-impact activity, such as cycling or swimming. **SPEEDWORK** These sessions improve your turnover and overall speed. Run each repeat slightly faster than goal pace. During race week, run at goal pace. Do a three-kay warm-up and cooldown. **EASY RUN** These workouts aid recovery and build cardiovascular capacity. Run at a conversational pace. **TEMPO** Do these runs at 20 seconds slower than race pace, around 5:45. Do a three-kay warm-up and cooldown. **LONG RUN** High-mileage runs improve endurance. Run them at 30 seconds slower than race pace, around 6:30 per kay.