

# THE RW RACE-READY 5-K PLAN

The programme below will get you race-ready in seven weeks – and see you through your first few 5-Ks. Simply repeat it, adding a rep or set, or a couple of extra minutes, to up the ante. (If you don't feel ready to advance the sessions, repeat as is – you will still develop your speed, strength and endurance.)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Warm up, then 20 mins easy	Rest	Warm up, then 4 sets of 3 mins easy, 2 mins moderate, 1 min hard. 5 mins easy to finish	Rest	Warm up, then 20 mins easy	Cross-train* or rest	Warm up, then 35 mins easy
2	Cross-train or rest	Warm up, then 10 mins easy, 8x30-sec hills with walk/jog rec. 5 mins easy to finish	Rest	Warm up, then 25 mins easy	Cross-train or rest	Warm up, then 40 mins easy	Rest
3	Warm up, then 25 mins easy	Rest	Warm up, then 10 sets of 1 min easy, 1 min hard. 5 mins easy to finish	Rest	Warm up, then 2x10 mins moderate with 2-min jog between. 5 mins easy to finish	Cross-train or rest	Warm up, then 45 mins easy
4	Cross-train or rest	Warm up, then run 10 mins easy, 6x45-sec hills with walk/jog rec. 5 mins easy to finish	Rest	Warm up, then 4 x strides**, then timed 2.5km run.*** Finish with 5 mins easy	Cross-train or rest	Warm up, then 45 mins easy with last 5 mins slightly faster	Rest
5	Warm up, then 30 mins easy	Rest	Warm up, then 5 sets of 1-K at planned race pace, 2 mins rest between each. Then 5 mins easy	Rest	Warm up, then 25 mins moderate plus 4 x strides	Cross-train or rest	Warm up, then 50 mins easy
6	Rest	Warm up, then 30 mins easy	Warm up, then 5 sets of 1-K at planned race pace, 1 min rest between each. Then 5 mins easy	Rest	Warm up, then 30 mins easy, to include 3x1-min hill repeats, with walk/jog recoveries	Cross-train or rest	Warm up, then 60 mins easy
7	Rest	Warm up, then 10 mins easy. Then 5 sets 1 min easy/1 min hard, then 1-K at goal pace. 5 mins easy to finish	Rest	Warm up, then 25 mins easy	Rest	15 mins easy plus 3 x strides OR cross-train or rest	Race 5km

\*Cross-training: try to avoid high-impact work – cycling, swimming, yoga or weight training are ideal. \*\*To perform a ‘stride,’ begin running, accelerating smoothly to goal pace (a swift pace but not a sprint) over 20-25m, focusing on good form and staying relaxed. Maintain for 20-25m, then decelerate smoothly and walk to start point to repeat. \*\*\*To convert your 2.5-kilometre time to a 5km race-time prediction, convert your result into a decimal number and multiply by 2.22. Then work out how this breaks down in pace per km (you'll need a km/pace for the session in weeks 5 and 6). For example, if your 2.5-kilometre time is 11 mins 30 seconds, this converts to 11.5 × 2.22 = 25.53. This number, converted into minutes and seconds equals 25 mins 32 seconds. This equals a goal race pace of 5.06 per km.