

## 5-K TRAINING PLAN

**DO THE KEY WORKOUTS** in any order. Also do two 20- to 30-minute easy runs, and cross-train for 30 to 60 minutes per week. Take one day off. Begin and end quality and tempo sessions with a 1.5km jog. Veterans can add kilometres to long runs.

WEEK	1	2	3	4	5	6
TEMPO	3km to 5km at a moderate pace.	3 x 1 600 metres (four laps of a track) at 10-K race pace. Walk or jog one minute between each.	6km at a progressively harder pace - start easy and accelerate to 5-K goal pace in the last 1km.	5km at a moderate pace.	Run 3km easy, followed by 5km at a progressively harder pace until the last kilometre is at 5-K race pace.	4 x 800 metres. Jog three minutes between each.
QUALITY	4 x 800 metres at 5-K goal pace. Walk or jog three minutes between each segment.	400-600-800-600-400 metres at 5-K pace. Jog two minutes between each.	Two sets of 3 to 4 x 400 metres at 5-K goal pace. Jog 90 seconds between segments.	4 to 6 x 800 metres at 5-K to 10-K pace. Between each, jog three minutes.	400-600-800-600-400 metres at 5-K goal pace. Jog two minutes between each.	Run 6km to 8km easy (two to three days prior to race day).
DISTANCE	6km to 12km easy.	10km to 13km easy.	8km to 10km easy.	10km to 13km easy.	12km to 15km easy.	★RACE DAY★