



TRAINING PLANS

5K RUNS



HEALTH & FITNESS

#BETHEBESTYOU

TRAINING FOR A 5K RUN

Are you new to running, or perhaps returning to running after a break from fitness training? Beginner or not, completing a 5K race is a great way to get into running. There are hundreds of 5K events happening all over the UK, which is great news for fund-raisers and fitness enthusiasts alike! Whatever your reason for running a 5K, your best chance of preparing for race day is by following a training plan.

Although a 5K is a relatively short distance at 3.1 miles, it is still important to train beforehand, not only to help you improve your running time and fitness levels but also to avoid injuries before you cross the finish line.

HOW LONG DOES IT TAKE TO TRAIN FOR A 5K?

In all honesty, this will vary from person to person. You'll need to consider a few factors such as your current fitness level, your goals (whether you're aiming to beat a certain time or just cross the finish line) and of course, how much time you actually have before race day to train.

Whether you are a beginner or an experienced runner, there are a number of training schedules you can follow to help you build up to your race. The number of weeks covered in a training plan will usually determine how much you can expect your fitness level and running time to improve before your event. For example, if you only have a couple of weeks to train you probably won't have enough time to transform into the next Usain Bolt!

A training plan can help to keep your training fun and engaging, as well as increasing your fitness level. Over the following pages we explain some of the different 5K training programme lengths and what you can expect to achieve by following one.

TRAINING FOR BEGINNER RUNNERS

TRAINING PLAN FOR A 5K IN 8 WEEKS

8 weeks is ample time to get yourself up to speed with running a 5K! For a total beginner you have enough time to build up from walking and jogging for short periods of time, to being able to run over 3 miles without stopping. For more experienced runners hoping to achieve a new 5K personal best, 8 weeks will give you plenty of time to work on your pace and shave off those all important seconds.

The initial weeks will focus on building up your running distance with shorter, easier runs with periods of walking, and then build up the distance you cover each week. Towards the end of the 8 week programme you should be able to complete steady runs for at least 30 minutes. You may also be looking at increasing your speed and challenging yourself to lower your average running time by the end of the programme.

DISTANCE	FINISH IN 35 MINS	FINISH IN 30MINS	FINISH IN 25 MINS
1KM	7 mins	6 mins	5 mins
2KM	14 mins	12 mins	10 mins
3KM	21 mins	18 mins	15 mins
4KM	28 mins	24 mins	20 mins
5KM	35 mins	30 mins	25 mins

5K TRAINING FOR BEGINNERS

WEEK	MON	TUE	WEDS	THURS	FRI	SAT	SUN
1	REST	2.4KM RUN	REST	2.4KM RUN	REST	2.4KM RUN	30MIN WALK
2	REST	2.8KM RUN	REST	2.4KM RUN	REST	2.8KM RUN	35MIN WALK
3	REST	3.2KM RUN	REST	2.4KM RUN	REST	3.2KM RUN	40MIN WALK
4	REST	3.6KM RUN	REST	2.4KM RUN	REST	3.6KM RUN	45MIN WALK
5	REST	4.0KM RUN	REST	3.2KM RUN	REST	4.0KM RUN	50MIN WALK
6	REST	4.4KM RUN	REST	3.2KM RUN	REST	4.4KM RUN	55MIN WALK
7	REST	4.8KM RUN	REST	3.2KM RUN	REST	4.8KM RUN	60MIN WALK
8	REST	4.8KM RUN	REST	3.2KM RUN	REST	REST	5K RACE

TRAINING FOR INTERMEDIATE RUNNERS

TRAINING PLAN FOR A 5K IN 8 WEEKS

If you have 8 weeks to spare before you lace up your running shoes on race day, you'll have a good amount of time to train, especially if you follow a structured plan! An 8 week plan is designed to build you up from slower run walk workouts to comfortably completing a 5K course, even if you are just starting out with fitness and currently don't run at all.

If you are a more experienced runner, you might find the pace and increase in intensity over an 8 week period to be a little slow. Adjust the training plan to be more challenging by varying your pace or adding in intervals where you run at a fast sprint for a few minutes at a time. Doing hill sprints will also have the effect of strength training and make for a more challenging workout.

DISTANCE	FINISH IN 30 MINS	FINISH IN 25 MINS	FINISH IN 20 MINS
1KM	6 mins	5 mins	4 mins
2KM	12 mins	10 mins	8 mins
3KM	18 mins	15 mins	12 mins
4KM	24 mins	20 mins	16 mins
5KM	30 mins	25 mins	20 mins

5K TRAINING FOR INTERMEDIATES

WEEK	MON	TUE	WEDS	THURS	FRI	SAT	SUN
1	REST	4.8KM RUN	5 X 400	4.8KM RUN	REST	4.8KM RUN	8.1KM RUN
2	REST	4.8KM RUN	30MIN TEMPO	4.8KM RUN	REST	4.8KM FAST RUN	8.1KM RUN
3	REST	4.8KM RUN	6 X 400	4.8KM RUN	REST	6.4KM RUN	9.7KM RUN
4	REST	4.8KM RUN	35MIN TEMPO	4.8KM RUN	REST	REST	5K TEST
5	REST	4.8KM RUN	7 X 400	4.8KM RUN	REST	6.4KM FAST RUN	9.7KM RUN
6	REST	4.8KM RUN	40MIN TEMPO	4.8KM RUN	REST	8.1KM RUN	11.3KM RUN
7	REST	4.8KM RUN	8 X 400	4.8KM RUN	REST	8.1KM FAST RUN	11.3KM RUN
8	REST	4.8KM RUN	30MIN TEMPO	3.2KM RUN	REST	REST	5K RACE

TRAINING FOR ADVANCED RUNNERS

TRAINING PLAN FOR A 5K IN 8 WEEKS

If you have 8 weeks to go before your 5K, you have a good amount of time to build up your fitness before you take on that 3.1 mile run – and hopefully smash that PB. As with most training programmes, an 8 week programme will start out with easier runs, and build the length of running time and distance over the 8 week course. By the end of the training programme you should be able to see a marked improvement in your pace and stamina.

Once you have crossed the finish line of your 5K you may then want to work more on your speed, and maybe even aim to complete the whole 5K run in 25 minutes. If you are an intermediate or more experienced runner, already running several times a week, following an 8 week plan should help you to focus your training, if you feel that you need more of a challenge you could incorporate more uphill runs into the plan.

DISTANCE	FINISH IN 25 MINS	FINISH IN 20MINS	FINISH IN 18 MINS
1KM	5 mins	4 mins	3:36 mins
2KM	10 mins	8 mins	7:12 mins
3KM	15 mins	12 mins	10:48 mins
4KM	20 mins	16 mins	14:24 mins
5KM	25 mins	20 mins	18 mins

5K TRAINING FOR ADVANCED

WEEK	MON	TUE	WEDS	THURS	FRI	SAT	SUN
1	4.8KM RUN	5 X 400	REST	30MIN TEMPO RUN	REST	6.4KM FAST RUN	60MIN RUN
2	4.8KM RUN	8 X 400	REST	30MIN TEMPO RUN	REST	6.4KM FAST RUN	65MIN RUN
3	4.8KM RUN	6 X 400	REST	35MIN TEMPO RUN	REST	8.1KM FAST RUN	70MIN RUN
4	4.8KM RUN	9 X 400	REST	35MIN TEMPO RUN	REST	REST	5K TEST
5	4.8KM RUN	7 X 400	REST	40MIN TEMPO RUN	REST	8.1KM FAST RUN	75MIN RUN
6	4.8KM RUN	10 X 400	REST	40MIN TEMPO RUN	REST	9.7KM FAST RUN	85MIN RUN
7	4.8KM RUN	8 X 400	REST	45MIN TEMPO RUN	REST	9.7KM FAST RUN	90MIN RUN
8	4.8KM RUN	6 X 400	30MIN TEMPO RUN	REST	REST	REST	5K RACE



PRINTABLE TRAINING PLAN

5K RUNS



HEALTH & FITNESS

#BETHEBESTYOU

5K TRAINING PLAN

WEEK	MON	TUE	WEDS	THURS	FRI	SAT	SUN
1							
2							
3							
4							
5							
6							
7							
8							