

5K TRAINING PLAN



TERMINOLOGY

STRENGTH & CONDITIONING

Mix of short bursts of effort (intervals) with circuit-style training using bodyweight, weights, or machines. Supports endurance, recovery, and strength.

MOBILITY

Controlled, flowing movements to improve flexibility, range of motion, and reduce injury risk.

STRENGTH

Full-body lifts (squats, deadlifts, presses) and single-leg exercises to build balance, stability, posture, and running efficiency.

EASY RUNS

Controlled pace where you can maintain a conversation. Focus on comfort, not speed.

STEADY RUNS

Comfortable but harder than easy pace.

TEMPO RUNS

Harder than steady pace but sustainable for ~30 mins. Not all-out.

TARGET PACE

Specific pace for goal race time (e.g., 2-hour half marathon = 9.09 min/mile or 5.41 min/km).

FARTLEK RUN

Continuous run alternating 2:30 at 5K pace with 2:30 steady pace, repeated.

LONG RUNS

Easy, comfortable pace. Focus on time on feet rather than distance or pace.

PROGRESSION RUNS

Start easy, gradually increase to target race pace.

INTERVALS

High effort, aim for 5K pace.

STRIDES

3 x 20s at 85–90% effort. Improves form and running economy.

WARM UP + COOL DOWN

Very easy pace before and after harder sessions.

**WANT TO READ MORE
ABOUT THIS PLAN?**

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5K TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Walk/Run Intervals: 10 x 1min	Rest	Walk/Run Intervals: 10 x 1min	Strength & Conditioning	Rest	Walk/Run Intervals: 12 x 1min	Rest
WEEK 02	Walk/Run Intervals: 12 x 1min	Rest	Walk/Run Intervals: 8 x 2min	Strength & Conditioning	Rest	Walk/Run Intervals: 10 x 2min	Rest
WEEK 03	Walk/Run Intervals: 6 x 3min	Rest	Walk/Run Intervals: 8 x 3min	Strength & Conditioning	Rest	Walk/Run Intervals: 3 x 5min	Rest
WEEK 04	Walk/Run: 20min	Rest	Walk/Run Intervals: 4 x 5min	Strength & Conditioning	Rest	Walk/Run: 25min	Rest
WEEK 05	Walk/Run: 25min	Rest	Walk/Run Intervals: 5 x 5min	Strength & Conditioning	Rest	Walk/Run: 30min	Rest
WEEK 06	Walk/Run: 30min	Rest	Walk/Run Intervals: 4 x 8min	Strength & Conditioning	Rest	Walk/Run: 35min	Rest
WEEK 07	Walk/Run: 35min	Rest	The Berlin: 6 x 1min	Strength & Conditioning	Rest	Walk/Run: 40min	2 x (Walk 1min, Jog 3min)
WEEK 08	Easy Run: 30min (+ Strides)	Rest	Taper Run: 8 x 90sec	Strength & Conditioning	Rest	Easy Run: 20mins (+ Strides)	Race Day