

# 6-WEEK COMPETENT 5K TRAINING PLAN

MY PLEDGE: \_\_\_\_\_

MY TARGET TIME: \_\_\_\_\_

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

| WEEK                                 | MON  | TUE   | WED              | THU  | FRI  | SAT  | SUN   |
|--------------------------------------|------|---|------------------|--|------|--|---|
| 1<br><i>Building time on feet</i>    | Rest | 4 Miles Steady Run  | 20 Mins Easy Run | 1 Mile Easy Run<br>1 Mile Tempo Run X 2 Reps<br><br>1 Mile Easy Run                      | Rest | 40 Mins Easy Run   | 1hr Easy Run  |
| 2<br><i>Building time on feet</i>    | Rest | 10 Mins Easy Run<br><br>90secs Hard Run<br>3 Mins Easy Run X 8 Reps<br><br>10 Mins Easy Run   | 25 Mins Easy Run | 1 Mile Easy Run<br><br>2 Miles Tempo Run<br><br>1 Mile Easy Run                          | Rest | 40 Mins Easy Run   | 1hr 10mins Easy Run   |
| 3<br><i>Consolidate your Running</i> | Rest | 10 Mins Easy Run<br><br>2 Mins Hard Run<br>2 Min Easy Jog X 10 Reps<br><br>10 Mins Easy Run   | 30 Mins Easy Run | 1 Mile Easy Run<br><br>3 Miles Tempo Run<br><br>1 Mile Easy Run                          | Rest | 10 Min Easy Run<br><br>4 Min Steady Run<br>30secs Hard Run<br>2 mins Easy Jog X 4 Reps<br><br>10 Mines Very Easy Run | 1hr 20mins Easy Run   |
| 4<br><i>Run for longer</i>           | Rest | 15 Mins Easy Run<br><br>1k at Race Pace<br>2 Mins Easy Jog X 5 Reps<br><br>15 Mins Easy Run   | 35 Mins Easy Run | 1 Mile Easy Run<br><br>4 Miles Tempo Run<br><br>1 Mile Easy Run                          | Rest | 10 Mins Easy Run<br><br>30secs Fast Run<br>2 Mins Jogs X 15 Reps<br><br>10 Mines Easy Run                            | 1hr 20mins Easy Run<br>(Pick up the pace for the last 20mins) |
| 5<br><i>Build your confidence</i>    | Rest | 10 Mins Easy Run<br><br>3 Mins Fast<br>90secs recovery<br>2 Mins Fast<br>90secs recovery<br>1 Min Fast<br>90secs recovery<br>X 2 Reps<br>10 Mins Easy Run | 40 Mins Easy Run | 1 Mile Easy Run<br><br>1 Mile Fast Run<br>2 Min Easy Jog X 4 Reps<br><br>1 Mile Easy Run | Rest | 30 Mins Easy Run   | 50 Mins Easy Run  |
| 6<br><i>Prepare for the race</i>     | Rest | 10 Mins Easy Jog<br><br>1 Min at Race Pace<br>2 Min Jog X 5 Reps<br><br>10 Mins Easy Run  | 20 Mins Easy Jog | 15 Mins Easy Jog   | Rest | Rest   | Race Day! Good Luck!  |