

# 5K 6 WEEK TRAINING PLAN


This plan has been designed with a planned virtual race day of **Sunday 8 November 2020**.

If that date doesn't work for you or if the weather isn't ideal, follow the suggested Week 7 schedule.

**BEGINNERS** – choose the lesser distance or time suggested and include 1min walk breaks throughout if needed.

For example, a 40 min run could be 4x (9 min run + 1 min walk).

**INTERMEDIATE** – choose the longer distance and, if you want, add the challenge suggested.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	Rest <b>Challenge</b> Include a cross training workout such as Pilates, swimming, yoga or bike riding	18 min run /walk 6 x (2 min walk + 1 min run). <b>Moderate</b>	Rest	25 min run 5 min walk + 4 x (2 min run + 2 min walk) + 4 min walk <b>Moderate</b> <b>Challenge</b> Increase to 2 min run+ 2 min walk (for a total of 24 min) + 1 min walk to finish.	Rest	Cross training <b>Challenge</b> Include a 5-10 min run (Easy) before your cross training session	20 min run 10 x (1 min run + 1 min walk) <b>Moderate</b>
<b>2</b>	Rest <b>Challenge</b> Include a cross training workout.	18 min run /walk 6 x (2 min walk + 1 min run). <b>Moderate</b>	Rest	25 min run 3 min walk + 5 x (2 min run + 2 min walk) + 2 min walk <b>Moderate</b> <b>Challenge</b> Increase to 2 min run+ 2 min walk (for a total of 24 min) + 1 min walk to finish.	Rest	Cross training <b>Challenge</b> Include a 5-10 min run (Easy) before your cross training session	30 min run 10 x (2 min run + 1 min walk) <b>Moderate to moderate/hard</b>
<b>3</b>	Rest <b>Challenge</b> Include a cross training workout.	21 min run /walk 7 x (2 min walk + 1 min run). <b>Moderate</b>	Rest	30 min run 5 min walk + 6 x (2 min run + 2 min walk) + 1 min walk <b>Moderate to hard</b> <b>Challenge</b> Increase to 2 min run+ 2 min walk (for a total of 28 min) + 2 min walk to finish.	Rest	Cross training <b>Challenge</b> Include a 5-10 min run (Easy) before your cross training session	32 min run 8 x (3 min run + 1 min walk) <b>Moderate</b>
<b>4</b>	Rest <b>Challenge</b> Include a cross training workout.	28 min run /walk 7 x (2 min run + 1 min walk) <b>Moderate</b>	Rest	30 min run 5 min walk + 2 x (10 min run + 2 min walk) + 1 min walk <b>Moderate to hard</b> <b>Challenge</b> Increase to 3 x (10 min run + 2 min walk) for a total of 36 min.	Rest	Cross training <b>Challenge</b> Include a 5-10 min run (Easy) before your cross training session	3km run 2 min walk + 2km run + 5 min walk <b>Moderate</b>
<b>5</b>	Rest <b>Challenge</b> Include a cross training workout.	32 min run /walk 2 x (15 min run + 1 min walk) <b>Moderate</b>	Rest	30 min run 5 min run <b>Moderate</b> + 5 x (1km run <b>Moderate to hard</b> + 2 min walk) + 5 min walk	Rest	Cross training <b>Challenge</b> Include a 5-10 min run (Easy) before your cross training session	5km run Complete a 5 min walk prior to starting your 5km run <b>Moderate</b> Start off slower than target pace.
<b>6</b>	Rest	24 min run /walk 4 x (5 min run + 1 min walk) <b>Easy</b>	Rest	20 min run <b>Easy</b>	Rest	5 min walk + 10 min run + 5 min walk 	<b>RACE DAY</b>
<b>7</b>	Rest	2km warm up (Easy) Run a few 20sec strides and then run 6x400 (5k pace). 1-2 km cool down (Easy)	Rest or cross training	Run on a flat course or treadmill. 5-10 min warm up (Easy) + 10 min run (Moderate to moderate/hard) + 5-10 min cool down (Easy)	Rest	2km warm up (Easy) Run a few 20sec strides and then run 1 x 400 (5k pace) 1km cool down (Easy)	Rest

\*Remember beginners can include a planned walk break throughout the run, i.e. repeat a 14min run + 1min walk for the duration of the run.

## EFFORT KEY:

**EASY** - You can hold a conversation | **MODERATE** - You can say short phrases

**HARD** - Speaking is virtually impossible