

5k SCHEDULE

Six Week Training Programme

Devised by Jane Wake

Congratulations on embarking on this 6 week training programme for a 5k Run! Whether you have run many before, or this is your very first time – the following schedule will enable you to complete your next run with great success. Before you start it is essential that you read our Runners Guide. This will explain all the details on the schedules below plus give you some very important advice to ensure your training remains effective, safe and on track.

Which schedule to follow?

Beginners: If you have never run before our Beginners running guide is designed just for you. You will start with a gentle programme of walking and gradually build running into your sessions until you are running all the way.

Intermediate: The intermediate programme is ideal for you if you are already running but need guidance on what to do to ensure you are capable of easily completing a 5K.

Advanced: If you are a seasoned 5k or even 10k racer the schedule for 'Advanced running' will really help you speed up your times and help you achieve perhaps a new personal best (PB).

Actual: Use the 'Actual' schedule, to fill in what you do each week. This not only ensures you are doing the right amount of training, but also acts as a motivator to keep you going (carry your schedule in a convenient places or pin it up on your wall or fridge).

You can follow either one of the schedules or try training, somewhere in between but keep checking what you do against the three different programmes.

N.B. The following training schedules are designed for healthy adults. It is advisable for anyone embarking on this programme to check with their GP first. ActionAid works with Jane Wake to offer guidance to enhance your running be we cannot be held responsible for any injuries you may have as a result of following this advice.

The day's indicated are meant as a guide. Swap them around to fit into your schedule, making sure however that you have a rest day before your long run and easy workouts or rests after more intense sessions. Assume all sessions are running sessions, unless indicated otherwise.

YOUR 5KM TRAINING PLAN

WEEK 1: Week commencing _____

	Beginners - from walking to running, 5k guide	Intermediates - Virgin 5K Runner's Fool Proof Guide	Advanced – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest	Rest	Rest	
TUE	20 min fast walk (*4)	20 min run, easy (*3)	25 mins hard (6/7*)	
WED	Rest	Rest	Easy run 35 mins (3*) (5 – 6k)	
THU	30 min fast walk (*3/4)	15 – 20 mins mod (*4/5)	Rest	
FRI	Rest	20 mins easy (*3)	25 mins mod (3/5*)	
SAT	Rest	Rest	Rest	
SUN	45 min long walk (*2/3)	25 mins long run (*3-5)	25 – 30 mins find a 5k route including a measured 1 km distance so that you can find your exact pace over 1k. If you know your race course, aim to try and replicate this here as much as you can, e.g. 1 short hill, hill start, mainly flat etc. (5 – 7*)	

*this is your intensity rating - see runners guide for explanation

WEEK 2: Week commencing _____

	Beginners - from walking to running, 5k guide	Intermediates - Virgin 5K Runner's Fool Proof Guide	Advanced – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest	Rest	Rest or x-train and core strength	
TUE	25 min fast walk (*4)	25 mins, easy (*3)	25 mins fartleks (6/7*)	
WED	Rest	Rest	Easy run 35 mins (3*) (5 – 6k)	
THU	35 min fast walk (*3/4)	20 – 25 mins mod (*4/5)	Rest	
FRI	Rest	25 mins easy (*3)	25 mins mod (3/5*)	
SAT	Rest	Rest	Rest	
SUN	45 mins, walk for 5 minutes then include 1 min of running followed by 4 mins of walking and repeat for 40 minutes (*3 – 4)	30 mins long run (*3-5)	25 – 30 mins do you same 5k route as last week , measure your pace and try to shorten your overall time by at least 30 seconds (5 – 7*)	

WEEK 3: Week commencing _____

	Beginners - from walking to running, 5k guide	Intermediates - Virgin 5K Runner's Fool Proof Guide	Advanced – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest	Rest	Rest or x-train and core strength	
TUE	35 min fast walk (*4)	25 mins hard (*5/6*)	30 mins fartleks (6/7*)	
WED	Rest	Rest	Easy run 40 mins (3*) (5 – 7k)	
THU	25 min run/walk walk for 5 mins then include 2 mins of running followed by 3 mins of walking and repeat for 20 minutes (*3/4)	30 mins mod (*4/5)	Rest	
FRI	20 minute brisk walk (*3)	25 mins easy (*3)	30 mins mod (3/5*)	
SAT	Rest	Rest	Rest	
SUN	45 mins, walk for 5 minutes then include 2 min of running followed by 3 mins of walking and repeat for 20 minutes then 1 minute of running followed by 4 minutes of walking, repeat for 20 minutes. (*3 – 4)	35 mins long run (*3-5)	25 – 30 mins do you same 5k route as last week , measure your pace and try to shorten your overall time by at least 30 seconds (5 – 7*)	

WEEK 4: Week commencing _____

	Beginners - from walking to running, 5k guide	Intermediates - Virgin 5K Runner's Fool Proof Guide	Advanced – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest	Rest or x-train and core strength	Rest or x-train and core strength	
TUE	35 min run/walk - run very slowly where you can but keep your intensity the same (*4)	25 mins fartlek or hills (*5/6*)	35 mins fartleks (6/7*)	
WED	Rest	Rest	Easy run 40 mins (3*) (5 – 7k)	
THU	25 min run/walk walk for 5 mins then include 3 mins of running followed by 2 mins of walking and repeat for 20 minutes (*3-5)	35 mins mod (*4/5)	Rest	
FRI	20 minute brisk walk (*3)	30 mins easy (*3)	30 mins mod (3/5*)	
SAT	Rest	Rest	Rest	
SUN	45 mins, walk for 5 minutes then include 2 min of running followed by 3 mins of walking and repeat for 40 minutes. (*3 – 4)	40 mins long run (*3-5)	25 – 30 mins do your same 5k route as last week, measure your pace and try maintain the same time as last week. (5 – 7*)	

WEEK 5: Week commencing _____

	Beginners - from walking to running, 5k guide	Intermediates - Virgin 5K Runner's Fool Proof Guide	Advanced – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Long stretch/core strength	x-train and core strength	x-train and core strength	
TUE	30 - 35 min run/walk - do the same route as last week's Monday walk/run. Aim to do it at least 30 seconds faster than last week. (*4 - 5)	30 mins fartlek or hills (6/7*)	35 mins fartleks (6-8*) Aim to up the intensity here by running faster on your intervals.	
WED	Rest	Rest	Easy run 45 mins (3*) (6 – 8k)	
THU	25 min run/walk walk for 5 mins then aim to run slowly, all the way for 20 minutes (*3-5)	30 – 35 mins somewhat hard (*5) Do the same route as last weeks Thursday run but aim to do it at least 30 seconds faster than last week.	Rest	
FRI	20 minute brisk walk (*3)	30 mins easy (*3)	30 mins mod (3/5*)	
SAT	Rest	Rest	Rest	
SUN	50 mins, walk for 5 minutes then include 4 min of running followed by 1 mins of walking and repeat for 45 minutes. (*3 – 4)	45 mins long run (*3-5)	25 – 28 mins do your same 5k route as last week , measure your pace and try to cut at least 45 seconds off last weeks time (5 – 7*)	

WEEK 6: Week commencing _____

	Beginners - from walking to running, 5k guide	Intermediates - Virgin 5K Runner's Fool Proof Guide	Advanced – Go faster, get stronger guide.	ACTUAL – what I've done
MON	x- train/core strength/long stretch	x- train/core strength/long stretch	x- train/core strength/long stretch	
TUE	25 min run continuously (*4 - 5)	30 mins mod run (4*)	30 min mod run (4/5*)	
WED	Rest	Rest	REST or x-train/stretch	
THU	25 mins run easy (go slow!) (*3)	25 min run easy (*3)	35 min run easy (*3)	
FRI	REST	REST	Rest /stretch	
SAT	Rest	Rest	Rest and plan your race game, with split times for each km	
SUN	YOUR EVENT!! Don't go off too fast! Take it slowly and you will run all the way!	YOUR EVENT!! Don't go off too fast! Take it slowly and you will run all the way!	YOUR EVENT!! Don't go off too fast! Take it slowly and you will run all the way!	