



5K Training Plan

Experienced Plan

St John
Ambulance



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COACHING &
CONSULTANCY
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This Plan

This Training plan is designed to get you to the start line of a 5km feeling prepared and confident that you can achieve your goal

Is this everything i need to know?

No - this plan is supported by our Running Guide, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey

Why train this way?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal race pace

wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MIUTE EASY RUN PM: FARTLEK SESSION 5,4,3,2,1 MINS ALL WITH 90 SEC JOG RECOVERY	30 MINUTE RECOVERY RUN	45 MINUTES INCLUDING 4X6 MINS THRESHOLD WITH A 90 SECOND JOG RECOVERY	REST	HILL SESSION 10 MINS THRESHOLD (2-3 MINUTE JOG RECOVERY) PLUS 8X45 SEC HILLS WITH A 90 SECOND JOG RECOVERY	60 MINUTES RELAXED
2	30-45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MIUTE EASY RUN PM: FARTLEK SESSION 2X 4,3,2,1 MINS ALL WITH 90 SEC JOG RECOVERY	30-45 MINUTE RECOVERY RUN	45 MINUTES INCLUDING 5X5 MINS THRESHOLD WITH A 90 SECOND JOG RECOVERY	REST	HILL SESSION 10 MINS THRESHOLD (2-3 MINUTE JOG RECOVERY) PLUS 8X45-60 SEC HILLS WITH A 2 MINUTE JOG RECOVERY	70 MINUTES RELAXED
3	45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MIUTE EASY RUN PM: 3X1 MILES AT 5KM PACE WITH 2-3 MIN JOG RECOVERY	30 MINUTE RECOVERY RUN	45 MIN RUN WITH THE LAST 20 MINUTES AT THRESHOLD	REST	HILL SESSION 10 MINS THRESHOLD (2-3 MINUTE JOG RECOVERY) PLUS 10X60 SEC HILLS WITH A 2 MINUTE JOG RECOVERY	70-80 MINUTES RELAXED
4	45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MIUTE EASY RUN PM: 6X800 AT 5KM PACE WITH A 90 SECOND JOG RECOVERY	30-45 MINUTE RECOVERY RUN	45 MIN RUN WITH THE LAST 20 MINUTES AT THRESHOLD	REST	HILL SESSION 10 MINS THRESHOLD (2-3 MINUTE JOG RECOVERY) PLUS 12X60 SEC HILLS WITH A 2 MINUTE JOG RECOVERY	80 MINUTES RELAXED
5	REST	30-45 MINUTE EASY RUN	30 MINUTE RECOVERY RUN	30 MINUTE PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	45 MINUTE EASY RUN	60-70 MINUTES EASY PACE RUN

wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MIUTE EASY RUN PM: 6 MIN THRESHOLD 2-3 MIN RECOVERY + 3 X (4X400M AT 5KM PACE WITH 60 SEC JOG RECOVERY)	30-45 MINUTE RECOVERY RUN	AM: 30 MINUTE EASY RUN PM: 45 MINS WITH 4X6 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	REST	40 MINUTE OUT AND BACK RUN, TURN AT HALFWAY AND AIM TO GET BACK 2 MINS QUICKER THAT YOU WENT OUT	90 MINS EASY PACE RUN
7	45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MIUTE EASY RUN PM: 6 MIN THRESHOLD 2-3 MIN RECOVERY + 5 X 1KM AT TARGET 5KM PACE WITH 75 SECOND JOG RECOVERY	30-45 MINUTE RECOVERY RUN	AM: 30 MINUTE EASY RUN PM: 45 MINS WITH 4X6 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	REST	45 MINUTE FARTLEK SESSION. TRY TO INCLUDE 3X3,2,1 MINS WITH A 1 MIN JOG REC BETWEEN EACH EFFORT	90 MINS EASY PACE RUN
8	45 MINUTE RECOVERY RUN OR CROSS TRAIN	45 MINUTE PROGRESSION RUN 15 MINUTE EASY 15 MINUTE STEADY 15 MINUTE THRESHOLD	30-45 MINUTE RECOVERY RUN	30 MINUTE PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	30 MINUTE EASY RUN	5KM RACE!!

Good luck with your event!

For more information about training and training plans, please get in touch with Running with us on:

Email

info@runningwithus.com

Social

Facebook www.facebook.com/runningwithus

Instagram [@runningwithus](https://www.instagram.com/runningwithus)

Twitter [@runningwithus](https://twitter.com/runningwithus)

Website www.runningwithus.com

For event related and fundraising enquiries, please do contact SJA events team on events@sja.org.uk Good luck!

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