

5km RUNNING SCHEDULE

Goal: to aim for a 30-minute 5k on race day

Week		Mon	Tue	Wed	Thu	Fri	Sat	Sun	
		Rest	Speed day	Rest	Moderate	Rest	Easy	Long	
1	Km	rest	3	rest	3	rest	crosstrain	5	Km
	Mi		2		2			3	Mi
2	Km	rest	4	rest	4	rest	crosstrain	5	Km
	Mi		2.5		2.5			3	Mi
3	Km	rest	4	rest	4	rest	crosstrain	5	Km
	Mi		2.5		2.5			3	Mi
4	Km	rest	4	rest	4	rest	crosstrain	7	Km
	Mi		2.5		2.5			4	Mi
5	Km	rest	4	rest	4	rest	crosstrain	7	Km
	Mi		2.5		2.5			4	Mi
6	Km	rest	4	rest	4	rest	crosstrain	8	Km
	Mi		2.5		2.5			5	Mi
7	Km	rest	4	rest	5	rest	crosstrain	8	Km
	Mi		2.5		3			5	Mi
8	Km	rest	4	rest	4	rest	rest	5k Race Day	Km
	Mi		2.5		2.5			3	Mi

Notes:

- This is designed to gradually increase your distances run with the focus on your long run and being able to run 5k easily.
- Schedule is flexible... move workouts to different days when you need to. Example: switch Sunday for Saturday's run.
- Always run the first 5-minutes of each run at an easy jog to warm up, or 10 if you hear joints creaking.
- As you do any workout, jot down on the chart above either the actual time you were out, or distance if you know it.
Keeping track of workouts done gives you a record of just how far you've come and becomes a motivator in itself.
- Always consult a medical doctor before engaging in any rigorous exercise activity.

PACING

- (a) If running continuously is a challenge right now, plan on the 'run-walk' method in the early stages of your training.
You jog/walk 5 min. then walk for 1 minute, then run for 5, walk for 1, for the duration of your run. It gives your legs a break and slows your heartrate. As your endurance grows, so you increase to a 7:1, 9:1, etc.
- (a) The **SPEED** day is optional. If too much at the outset, do a moderate run (same as Thurs.) instead. Start speed in wk 3 or 4.
 - (1) One week do a 'tempo' run... start with a 10-min. easy jog, then increase pace so that speaking is a bit labored; continue for most of run then slow your pace down when you have about 5 minutes left in your run.
 - (2) In the next week, do a 'fartlek' run (alternate hard and slow)... [hard means difficulty speaking while running that pace]
Week 1-3: start with a 10-min. easy jog, run hard for 1-min., go slow for 2-min., repeat cycle to end of distance.
Week 4-8: start with a 10-min. easy jog, run hard for 2-min., go slow for 2-min., repeat cycle to end of distance.
- b) **Moderate Runs:** this is a pace during which you can run comfortably and chat (even to yourself!);
Your pace should be in the **6:10 to 6:30 per KM** range depending on your speed.... OR
Your pace should be in the **10:00 to 10:20 per MILE** range depending on your speed.
- c) The **LONG RUN** is your most important run of the week. If you have to miss a long run, swap it for another run that week.
Your pace should be in the **6:35 to 6:45 per KM** range depending on your speed.... OR
Your pace should be in the **10:40 to 11:00 per MILE** range depending on your speed.
How to know if doing correct pace: you should be able to easily talk while doing your long run though by the end it will be more difficult because of fatigue, heat and effort.
- d) **EASY** runs are just that. No speed like you're used to, and a pace as slow as or slower than your long run.
If not up to the pace stated on a given day, make it an EASY run day. If doing an extra run in the week this is the kind of run you'd do. You also go easy to recover, or the day before or after a long run so as not to fatigue your legs.
- e) **CROSSTRAINING** would include cycling, swimming, in-line skating, hiking, walking, aerobics, etc. This is an optional workout but makes for a great change of 'pace'. If you want to get into it gradually, do it on alternate weeks, otherwise do it each week.

f) Note that as the schedule progresses, some of your long runs are over 5k... this is okay and in fact builds your endurance even more so that by race day 5k will be easy to do and it will be more a matter of how fast you can fly it!

Total Distance
11
7
13
8
13
8
15
9
15
9
16
10
17
10.5
13
8