

5K BEGINNER TRAINING PLAN (km)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run 2.5 km Z1 + Hill Sprints (2x6 sec on 5-8% grade) Z3 effort	Rest	Run 4 km Z1-Z2 + last km Z3	X-train	Rest	Run 3 km Z2 + Hill Sprints (2x6 sec on 5-8% grade) Z3 effort	Long Run 4 km Z1-Z2
2	Run 3 km Z1 + Hill Sprints (3x6 sec on 5-8% grade) Z3 effort	Rest	Run 6 km Z1-Z2 + last km Z3	X-train	Rest	Run 4 km Z1-Z2 + Hill Sprints (3x6 sec on 5-8% grade) Z3 effort	Long Run 5 km Z1-Z2
3	Run 3.5 km Z1 + Hill Sprints (4x8 sec on 5-8% grade) Z3 effort	Rest	Run 4 km Z1-Z2 + last km Z2	X-train	Rest	Run 5 km Z1-Z2 + Hill Sprints (4x6 sec on 5-8% grade) Z3 effort	Long Run 6 km Z1-Z2
4	X-train	Run 2 km Z1, 8x100m @ 3K pace, jog 100m, 1 km Z1	Run 6 km Z1-Z2	X-train	Rest	Run 5 km Z1-Z2+ Hill Sprints (5x6 sec on 5-8% grade) Z3 effort	Long Run 6 km Z1-Z2, last 2 km Z3
5	X-train	Run 2 km Z1, 8x100m Z5, recovery jog 100m, 1 km Z1	Run 6 km Z1-Z2	X-train	Rest	Run 5 km Z1-2 + Hill Sprints (6x6 sec on 5-8% grade) Z3 effort	Long Run 6 km Z1-Z2, last 2 km Z3
6	Rest	Run 3 km Z1-2, 8x200m @ 5K - 3K-1.5K pace, recovery jog 200m, 2 km Z1-2	Run 6 km Z1-Z2	X-train	Rest	Run 5 km Z1-2 + Hill Sprints (7x6 sec on 5-8% grade) Z3 effort	Long Run 6 km Z1-Z2
7	X-train	Fartlek Run 3 km Z1-Z3 + Speed Intervals (4x400m @ 3K pace) scattered	Run 6 km Z1-Z2	X-train	Rest	Run 5 km Z1-2 + Hill Sprints (8x6 sec on 5-8% grade) Z3 effort	Long Run 7 km Z1-Z2, last 2 km Z3
8	Run 5 km Z1-2 + Hill Sprints (10x10 sec on 5-8% grade)	Run 2 km Z1-Z2, 10 x 400m @ 3K pace, recovery jog 200m, 1 km Z1	Run 6 km Z1-Z2	X-train	Rest	Run 5 km Z1-2 + Hill Sprints (10x6 sec on 5-8% grade) Z3 effort	Long Run 7 km Z1-Z2, last 3 km Z3
9	Rest	Run 2 km Z1-Z2, 10 x 200m uphill @ 5K pace (jog back), 2 km Z1	Run 5 km Z1-Z2	X-train	Rest	5K Time Trial	Long Run 7 km Z1-Z2
10	Run 6 km Z1-2 + Hill Sprints (5x10 sec on 5-8% grade)	Run 2 km Z1-Z2, 5 x 1000m @ 5K pace, 400m jog recovery, 1 km Z1	Rest	Run 7 km Z1-Z2, 6 x 8 sec hill sprints Z3 effort	X-train	Run 7 km Z1-Z2	Long Run 8 km Z1-Z2
11	Rest	Run 2 km Z1-Z2, 6 x 800m @ 5K pace, 400m jog recovery, 1 km Z1	Rest	Run 7 km Z1-Z2, 6 x 8 sec hill sprints Z3 effort	Rest	Run 6 km Z1-Z2	Long Run 9 km Z1-Z2, last 2 km Z3
12	Rest	Run 2 km Z1, 1000m @ 5K pace, 8 x 400m @ 3K-5K pace, 200m jog recovery, 1 km Z1	Rest	Run 5 km Z1-Z2	Run 3 km Z1-Z2, 4x 100m sprints Z5	Run 3 km Z1 - Z2	5K Time Trial / Race

Z1-Z5 Zones Z1-Z5 from the Individual Running Diagnostic results