

5K BEGINNER TRAINING PLAN (miles)

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

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