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RUNNING  
CHANNEL**

**Training Plan**

**5k**

**4 days/week**

# Intro

## Our Plans

Our Training Plans are designed by Olympic finalist Andy Baddeley in collaboration with Andy Hobdell, who has coached runners to the last three Olympics at distances from 1,500m to the marathon. Andy also works with runners of all abilities to help them achieve their goals, whether that's completing the distance or dipping under a target time.

## Your Current Training Level

It's really important that you don't jump straight into a new training plan without carefully assessing your current level of training. **This training plan is based on running four times per week.** Whilst the paces are adaptable to your target race goal, the overall volume of training should only be attempted if you've already built up sensibly to this frequency of running. Check out one of our other plans if you're looking for a slightly lower weekly commitment (3 days/week) or if you're looking for even more (5-6 days/week).

## Flexibility

We've laid out our training plan to give you the optimum balance of different types of training and recovery. We know that life sometimes gets in the way and that you might not always be able to do exactly what is planned. If you have a tough day and can't face a planned interval workout, just getting out for an easy run is absolutely fine. You can move the days around to fit with your life and, similarly, if you need to miss a day, that's fine too. Don't panic and try to make up for lost time - **try to be sensible and remember that cramming lots of training into back-to-back days without any recovery could lead to injury or illness.**

## Setting Pace Goals

Listen to your body. Choose an overall target for your 5k race that is realistic - you'll soon find out in sessions if the target pace you've picked is a stretch too far. Don't be afraid to adjust once you've done a few sessions; if you can't complete the workouts at the planned pace, then the pace is too hard at this stage.

# Terminology (i)

## Intervals

You're going to need to be able to run repeated efforts at your target race pace with relatively short recovery. Interval training workouts should be the hardest efforts of your week. We've given intervals as a set time or distance depending on the workout and also provided the recovery you should take after each interval. Think about an effort level, or Rate of Perceived Exertion (RPE) of 8 or 9 out of 10.

## Threshold

A vital part of training for 5km is a threshold or tempo run. This is a sustained effort harder than your normal runs, but not as fast as your target 5km pace. This is one of the most efficient ways of improving your aerobic fitness. This should be at an RPE of around 7 out of 10.

## Long Runs

Yes, you're only racing for 5km, but you still need to include longer runs. Everyone has a different definition of what they think of as LONG, but in this context, we'll be aiming for 45 to 60 minutes.

## Easy and Steady Runs

There's a distinction between steady and easy runs. Both of these are easier than threshold runs. On some days in the plan, you will see 'Easy to steady run'; this means you should listen to your body and run at a sensible intensity depending on whether you feel tired or fresh. For easy runs, aim for an RPE of 3-4 out of 10. For steady runs, you're looking for 5-6.

# Terminology (ii)

## Strides

If you're feeling okay, after an easier run can be a great time to do some strides. That's when you run around 100m at a faster pace (think about faster than your target 5km pace), then walk or jog slowly, then repeat. They're not all-out sprints, but should be controlled and are a fantastic opportunity to think about good running form when you're not too fatigued. Build into them gently, accelerating for the first 30m or so, then holding good form and coming to a gradual stop after you've run 100m.

## Rest/Recovery

In the interval sessions in this plan, as well as some of the threshold runs, we've provided rest or recovery times. Where two times are given, the longer one will be the rest you take between sets and the shorter one is the rest after each interval. We'd always advocate jogging your recoveries if possible, or at the very least walking to keep yourself moving. Stay tall to get the air in, and resist the temptation to bend over with your hands on your knees.

## Paces

Within interval and threshold sessions, we've provided guides for what pace to run, to help gauge your efforts. Your '5km pace' will be your target 5km pace that you're using this plan to work towards. You can use that pace or finish time to calculate your mile, 3km, 10km, half marathon and marathon paces using an online race predictor. Alternatively, you may already have run one or more of those distances in a race and can therefore use your actual times to set your paces.

# The Plan

## Warm Up

For easy and steady runs, start slower with shorter strides and an increased cadence until you feel like you're warmed up and are moving nicely. **For the interval sessions and threshold runs, make sure you do a thorough warm up before starting your hard efforts** - this should be a minimum of 5 minutes easy running and ideally would include some basic drills or dynamic stretches. Head to [therunningchannel.com](https://therunningchannel.com) for videos to talk you through them if you need some tips!

## Cool Down

We'd recommend some gentle stretching and activations after your runs whilst you're still warm. For the tougher workouts, we would also suggest a cool down jog (again aim for at least 5 minutes) before this.

## Intensities

We've colour coded each day's training so that you can see at a glance when the easiest and hardest days are.



# The Plan

Week

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

**Long run**  
45-60 mins  
Start easy  
Finish steady

**Rest**

**Easy run**  
30 mins  
Easy  
Plus 8 x 100m strides

**Intervals**  
10x 1min  
Run at 5km pace  
1min recovery

**Rest**

**Steady run**  
30 mins  
Steady

**Rest**

2

**Long run**  
45-60 mins  
Start easy  
Finish steady

**Rest**

**Easy run**  
30 mins  
Easy  
Plus 8 x 100m strides

**Intervals**  
3x (3,2,1 min)  
Start at 10km pace  
Progress as you feel  
1min & 3min recovery

**Rest**

**Steady run**  
30 mins  
Steady

**Rest**

3

**Long run**  
60 mins  
Start easy  
Finish steady

**Rest**

**Easy run**  
30 mins  
Easy  
Plus 8 x 100m strides

**Intervals**  
5,4,3,2,1 min  
Start at 10km pace  
Progress as you feel  
1min jog recovery

**Rest**

**Threshold run**  
8km  
1.5km easy  
5km @ Half marathon  
pace  
1.5km easy

**Rest**

# The Plan

**Week**      **Sun**                      **Mon**                      **Tue**                      **Wed**                      **Thu**                      **Fri**                      **Sat**

**4**

**Long run**  
60 mins  
Start easy  
Finish steady

**Rest**

**Easy to steady run**  
8km  
Plus 8 x 100m strides

**Intervals**  
5x 1km  
Run @ 5km pace  
2min recovery

**Rest**

**Threshold run**  
8km  
1.5km easy  
5km @ Half marathon  
pace  
1.5km easy

**Rest**

**5**

**Long run**  
60 mins  
Easy

**Rest**

**Easy to steady run**  
8km  
Plus 8 x 100m strides

**Intervals**  
4x 30s strides  
With 60s recovery  
3min recovery  
1 mile time trial  
4min jog recovery  
1 mile @ half marathon  
pace

**Rest**

**Easy to steady run**  
8km

**Rest**

**6**

**Long run**  
60 mins  
Easy

**Rest**

**Easy to steady run**  
8km  
Plus 8 x 100m strides

**Intervals**  
4x 800m @ Mile pace  
With 2min recovery  
3min recovery  
6x 30s strides  
With 30s recovery

**Rest**

**Easy run**  
30 mins

**Rest**

# The Plan

**Week**      **Sun**      **Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**

**7**

**Long run**  
60 mins  
Easy/steady

**Rest**

**Easy to steady run**  
8km  
Plus 8 x 100m strides

**Intervals**  
8 x 3mins  
Alternate between  
10km and 5km pace  
90s recovery

**Rest**

**Threshold run**  
8km  
1.5km easy  
5km @ Half marathon  
pace

**Rest**

**8**

**Long run**  
60 mins  
Start easy  
Finish steady

**Rest**

**Easy to steady run**  
8km  
Plus 8 x 100m strides

**Intervals**  
4x 100m strides  
Walk back recovery  
3mins recovery  
3km time trial

**Rest**

**Easy to steady run**  
8km

**Rest**

**9**

**Long run**  
60 mins  
Easy/steady

**Rest**

**Easy to steady run**  
8km  
Plus 8 x 100m strides

**Intervals**  
3x (1km, 400m)  
1km @ 3km pace  
400m @ Mile pace  
200m jog after 1km  
3min recovery after  
400m

**Rest**

**Easy to steady run**  
8km

**Rest**



# The Plan

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10	Long run 60 mins Easy	Rest	Easy run 30 mins Plus 8 x 100m strides	Intervals 8x 1min Faster than 5km pace 1min jog recovery	Rest	Rest	RACE

## Nothing New On Race Day

You've had ten weeks to practise your warm up routine, what you like to eat and drink and which shoes and clothing you feel most comfortable in - don't change anything on race day!

## Pacing Is Everything

The workouts in our plan make sure you're comfortable running both faster and slower than your target race pace. They should also have given you a good idea of what each pace feels like, so don't be tempted to get carried away and go too hard too early!

## Enjoy It

Training is hard work and races are where you get the chance to reap the rewards. Enjoy the experience and let us know how you get on, we'd love to hear from you!

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