

5K Road Race Training Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	5 min. speed work*	Active rest	20 min. threshold work*	Active rest	Cross-training	40 min. long run	Rest
WEEK 2	7.5 min. speed work*	Active rest	20 min. threshold work*	Active rest	Cross-training	45 min. long run	Rest
WEEK 3	7.5 min. speed work*	Active rest	30 min. threshold work*	30 min. easy run	Cross-training	50 min. long run	Rest
WEEK 4	10 min. speed work*	30 min. easy run	15 min. threshold work*	30 min. easy run	Cross-training	60 min. long run	Rest
WEEK 5	12 min. speed work*	25 min. easy run	30 min. threshold work*	30 min. easy run	Cross-training	45 min. long run	Rest
WEEK 6	6 min. speed work*	Active rest	20 min. easy run	20 min. easy run	Rest	EVENT DAY	Sleep

***Your day's goal is this much time spent doing intervals at the speed pace or threshold pace; total day's time will be longer. Some examples:**

10 min. speed work: 10 1-min. speed intervals with a 1-min. jog after each interval (same speed and jog times; 20 min. total time)

7.5 min. speed work: 5 1.5-min. speed intervals with a 3-min. jog after each interval (jog time is twice the speed time; 22.5 min. total time)

30 min. threshold work: 10 3-min. threshold intervals with a 1.5-min. jog after each interval (threshold time is twice the jog time; 45 min. total time)

20 min. threshold work: 5 4-min. threshold intervals with a 4-min. jog after each interval (same threshold and jog times; 40 min. total time)

Paces (percentage of HRmax)

Easy: 60–65% (can converse); Long: 70–80% (can say sentences); Threshold run: 85–88% (can say words); Speed run: 90% (can't speak)