

10 Week 5km Race Prep Training Program

Level: Fundamental

Who is This Program For?

This program is ideal for someone who can handle a 30 - 40 minute jog without issues but has little or no experience with specific training for a 5km race. If you have a 5km race coming up that you want to be in the best possible shape for, this is the program for you. To get the most out of this program we recommend first having done a few months of base training so your body is ready for the harder workouts you will see in here. You can use our 5/10k base program for this.

Program Overview

This is a 10 week training program which is designed to help you prepare for your target race. You should aim to start this program 10 weeks out from the date of your race.

If there are more than 10 weeks between now and your target race then follow our Fundamental Base Training Program (which you can find on our website) then switch to this program when you are 10 weeks away from race day.

This program includes an average of 4 runs per week as well as some 'non-running' based workouts, such as circuit training, throughout the program.

Sharing This Program

Please share this program with your friends, family and training partners and help each other become better runners!

Please feel free to share this program on social media; tag us using the Instagram handle below and use the hashtag #Trainsmarterrunfaster so we can see your training progress!



5km Training Program

Week 1 (10 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	30 - 40' easy run	should be nice and relaxed, don't push hard
Tuesday	rest	
Wednesday	6 x 600m with 2' recovery between reps.	Aim to do this session at your target 5km race pace. It is okay to start a little slower and increase the pace after the first 3/4 reps. Try to run in a controlled way and focus on one rep at a time
Thursday	rest	If you feel okay after yesterday's workout, today you can do some light strength training. e.g circuit training (see notes on circuit training for more details)
Friday	rest	
Saturday	30' easy run + 4x (30" accelerating to 5km race pace, 90" returning to easy pace)	This should not be a 'hard workout', just some controlled accelerations at the end of a run to get the legs moving a bit faster
Sunday	Long-Run: 15' easy, 4x (5' at moderate effort, 3' easy), 15' easy	total of 62 minutes of running including some moderate efforts - keep these efforts controlled and try to make the run continuous from start to finish. If you feel like this is too long you can reduce the amount of easy running at the end



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5km Training Program

Week 2 (9 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	rest	
Tuesday	30 - 40' easy run + 3 - 5 x 15" strides	See program notes on 'strides' for more details If you are not used to doing strides, start with only 3. If you are used to doing strides, do up to 5
Wednesday	Fartlek: 4x3/2, 3x2/1, 2x1/1 : 2' jog between sets	3/2 = 3' fast, 2' easy 2/1 = 2' fast, 1' easy etc. start the first set slightly slower than 5k race pace, second set at 5k race pace and final set slightly faster than 5k pace (see program notes for more details about Fartlek running)
Thursday	rest	
Friday	20 - 30' easy run + Circuit training	See program notes on circuit training for more details
Saturday	Progression run: 20 minutes easy, 10 minutes moderate, 10 minutes at threshold effort, 5 minutes hard, 5 minutes easy (cool down)	No 'long-run' this week, but today is still a total of 50 minutes of running including 10 minutes at threshold effort, so it's not easy! stay controlled in the moderate section and build up the pace in a relaxed way
Sunday	rest	



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5km Training Program

Week 3 (8 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	40 minutes easy + 4 - 5 x 15" strides	See program notes on 'strides' for more details do one more stride than you did last Tuesday up to a max of 5
Tuesday	5 x 800m with 2' rest between intervals	2 weeks ago you did 6 x 600m with 2' rest, now each rep is 200m further. Try to maintain the same pace you did 2 weeks ago. Stay focused on completing the session well. Start slightly slower than race pace if you need to and build up
Wednesday	rest	
Thursday	rest	
Friday	15' easy jog followed by some strides 3 - 8 x 10" hill sprints at 100% effort with 2' recovery 15 minute easy jog	See notes on hill sprints for more details. If you are not used to doing hill sprints, start with only 3 reps today. If you have followed our base phase plan, then you are ready for 6 - 8 reps.
Saturday	rest	
Sunday	Long-run: 60 - 70 minutes at a comfortable pace, with the last 15 - 20 minutes picking it up to a moderate pace	The purpose of this is to maintain some endurance work during the specific phase. Stay comfortable throughout and pick the pace up gently in the last 20 minutes of the run



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5km Training Program

Week 4 (7 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	rest	
Tuesday	30' easy run + 4 - 5 x 10" strides	See program notes on 'strides' for more details.
Wednesday	Tempo Run: 20' at your threshold pace	See notes on threshold running and tempo runs for more details about this session and how it should feel
Thursday	rest	
Friday	10' easy, 15' at moderate pace, 10' easy	See notes on moderate running for more details
Saturday	Track: 3 sets of 4 x 400m Recovery = 1' between reps, 400m slow jog between sets	Aim to do this session faster than your 5k race pace and finish the last set at close to 95% effort
Sunday	rest	



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5km Training Program

Week 5 (6 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	40' easy run + circuit training	see notes on circuit training
Tuesday	Rest	
Wednesday	Hill/Tempo Combination: 3 sets of (3 x 15" fast hill reps + 5' tempo run) Recovery = walk down after hill sprints, 3' after tempo	This session is about getting your body used to running with high levels of lactate. Go hard on the hill reps and then try to relax while running at a good pace during the tempo runs
Thursday	rest	
Friday	15' easy jog followed by some strides 4 - 8 x 10" hill sprints at 100% effort with 2' recovery 15' easy jog	see notes on hill sprints for more details do one more rep than you did in week 3, up to a maximum of 8
Saturday	Long-run: 20' easy, 4 x (5' threshold, 5' easy), 10 - 20' easy	70 - 80' of running in total with 20' at threshold pace. If you feel like this is too long, you can reduce the easy running at the start/end to bring the total running time down
Sunday	rest	



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5km Training Program

Week 6 (5 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	40 - 50' easy run + 3 - 5 x 15" strides	
Tuesday	Track: 3 sets of (800m, 600m, 400m) Recovery = 90", 1', (400m slow jog between sets)	Aim to do this session at your 5k race pace, ideally the 800 reps at 5k pace, 600's slightly faster, and 400's slightly faster still
Wednesday	rest	
Thursday	rest	
Friday	Tempo run: 25 minutes at threshold pace	In week 4 you did a 20 minute tempo run. Today, try to run the same pace as you did then, but now for an extra 5 minutes
Saturday	rest	
Sunday	50 - 80 minutes easy	Today you have the option to make it a bit of a long-run, up to 80 minutes. But if you are feeling tired from the tempo-run still, then a a slightly shorter easy run is the better option



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5km Training Program

Week 7 (4 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	rest	
Tuesday	5 x 1km with 90" recovery between intervals	Aim to do this at your target 5km race pace, It may be easier to start slightly slower than race pace and increase the pace after 2/3 reps. This is a very hard workout!
Wednesday	circuit training + 4 - 6 x 15" relaxed strides	see notes on circuit training after the circuit, have a cool down jog and do your strides. Outside or on a treadmill is fine!
Thursday	rest	
Friday	15' easy jog followed by some strides 5 - 8 x 10" hill sprints at 100% effort with 2' recovery 15' easy jog	By now you are familiar with hill sprints, if not, see notes on hill sprints for more details. Do one more rep than you did in week 5, up to a max of 8
Saturday	15' easy, 4x (1km tempo / 1km easy), 10' easy	total of approximately 70 - 75' of running including 4km of tempo running. If you feel like this is too much you can reduce the amount of easy running at the beginning/end of the run. This should be continuous from start to finish
Sunday	Rest	



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5km Training Program

Week 8 (3 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	rest	
Tuesday	Track: 3 sets of (200m, 200m, 800m) Recovery = 45" after 200m reps & 400m jog after 800m reps	200m reps should be much faster than 5km race pace and 800m reps at 5km race pace. This is a tough workout, so stay controlled
Wednesday	30' - 50' easy run	keep today nice and relaxed while you are still recovering from yesterday's workout
Thursday	Rest	
Friday	30' - 50' easy run + 4 - 6 x 15" fast strides	
Saturday	20' easy + 3 x (10' moderate, 5' easy)	total of 65 minutes of running including 30 minutes at a moderate pace. If you feel like this is too much you can reduce the amount of easy running at the beginning of the run. This should be continuous from start to finish
Sunday	Rest	



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5km Training Program

Week 9 (2 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	45' easy	
Tuesday	Track: 3 sets of (6x 200m) with 30" rest and 400m jog between sets	If no track available then 3 sets of (6x 45" fast) with 30" rest and 3' jog between sets. You can also do these as hill sprints if you prefer. Reps should be much faster than 5k race pace
Wednesday	rest	
Thursday	2km at 5km race pace, 3' rest, 6 x 500, also at 5km race pace, with 75" rest	This is the last really hard session before your race. 2km at 5km race pace in a 'non-race' scenario is not easy, so try to stay focused and run in a relaxed way. Push hard in the 500m reps today
Friday	rest	
Saturday	45 - 60' easy	Keep it nice and easy today, and don't feel the need to do more than this
Sunday	Rest	



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5km Training Program

Week 10 (Race Week!)

Level: Fundamental

	Training Session	Notes
Monday	5 x 600m at 5k race pace with 90" recovery	this should be a fairly relaxed workout, don't be tempted to push too hard, just enjoy the feeling of running fast in a relaxed way. If you can't use a track or measure out 600m then 6 x 3' is a good alternative
Tuesday	30 - 40 minutes easy run	
Wednesday	rest	
Thursday	rest	
Friday	20' very easy run + 4x 10" fast but relaxed strides	Keep the run nice and easy, don't be tempted to speed up if you feel good. The strides should be fast but controlled, as always
Saturday	RACE!	If your race is on Sunday then simply move everything along one day and take an extra rest day on Monday
Sunday	rest	



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The final week of this program is designed to have you taper so that you are feeling fresh and ready for your race on the weekend. In case your race is on a weekday, then we recommend adjusting the program in the following way:

5 days before your race do your final quality workout of 5 x 600m at 5km race pace with 90" recovery. Following that, do a 30 - 40 minute easy run then take 2 rest days. The day before your race do a short easy run followed by some strides. So you may need to adjust the program accordingly depending on which day your race is.

Try to eat well and get plenty of sleep leading up the race (of course, this should be a goal all the time if you want to become a better runner, but particularly this week!)

Try to limit your stress at work and with other commitments as much as possible. Of course, we fully understand that this is not always possible and that sometimes other commitments take precedent over training/racing. But to have the best race possible, try to make your work and every day life stress free this week. Maybe that means shifting some of your overtime to next week, or letting your partner take the kids out for the day so you can relax!!

The day before your race try to eat foods that you know work for you and don't upset your stomach in any way, don't try anything new for example drinking a new sports drink that your friend recommended or taking a new energy gel, unless you have tried it in your training and you know it works.

Try to take a good breakfast the morning of your race (again, something you know works well for you), and stay hydrated.

Prepare the right clothing for your race, pack for the weather and know what the situation is of getting to the race course (parking, where the start line/finish line is, know what the course is like, etc)

Finally, know your body! You have trained for this race, you have ran at the right pace in your training sessions, you have done the right workouts and you are ready to run fast! But at the same time, with all the nerves and adrenaline that go hand-in-hand with race day, it is very easy to go off too fast, don't do this! Go at the pace you know you can do and if you feel good in the last 1km - that is when you can show what you are made of. Good luck and tell us how you do!



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