



The alarm rings in the morning, but you're already awake. The adrenaline and anticipation have been your wake-up call today. You take a deep breath, lace up your running shoes, and head out the door. The neighborhood is still asleep, but you've got a mission - to break the 20-minute barrier in your next 5k race. A Mission worth Pursuing Why break the 20-minute barrier, you ask? The 20-minute mark has long been a sought-after goal for many runners. It's a significant milestone, a tangible target that separates the casual joggers from the committed racers. But it's more than just a number. It's about pushing your boundaries, challenging your perceived limits, and experiencing the thrill of achieving something you once thought impossible. The Plan Unveiled The plan to break 20 minutes in a 5k race is a blend of focused training; This involves a mix of long slow runs, speedwork, and tempo runs. Each plays a vital role in enhancing your aerobic capacity, improving your speed, and building your endurance. Race Strategy: Pacing is key to breaking the 20-minute barrier. This involves being strategic about when to conserve energy during the race. Mental Toughness: The last but most critical part of the plan is developing mental resilience. You need to believe in your ability to reach your goal and push through the discomfort during Breakdown Wondering what a typical week in your training Schedule might look like? Here's a glimpse: Monday: Rest Day Tuesday: Speedwork Session Wednesday: Tempo Run Friday: Rest or Cross-Training Day Saturday: Long Slow Run Sunday: Easy Run or Cross-Training But remember, it's not just about running. You also need to pay attention, hydration, and recovery. The Secret Ingredient to breaking the 20-minute barrier lies within you. It's your determination, your perseverance, and your willingness to step out of your comfort zone. You might be wondering, is it worth it? Is the commitment, the sweat, the early mornings, worth the precious few minutes you might shave off your run time? The answer lies in the exhilarating rush you feel as you cross the finish line, beating your personal best, and realizing that you've just done something you've never done before. So, are you ready to take on the challenge and join the ranks of sub-20-minute 5k runners? Lace up, step out, and let's break that barrier! ** For returners, recent updates to the plan are outlined below. ** follow your body and aim for the effort level included (e.g. easy, moderate, hard). If you prefer to have something more quantified you can try to stay roughly within the ranges below: easy:8:30 to 10:00 mile pace easy/moderate:7:00 to 7:45 mile pace moderate/hard:6:30 to 7:15 mile pace hard:6:00 to 6:45 mile pace Glossary: Accelerations:Start from a slow jog and gradually increase your pace over the specified duration of time, working up to about 90% effort (a little slower than a sprint). Fartlek:If you hadn't heard of this, please excuse the strange name. A fartlek workout consists of switching back and forth between a slow jog and a fast-paced run. On a track for instance, you could do a slow jog around the curves and then speed up on the straightaways. The interval distances and speed are up to you, so make adjustments based on how you feel. Quarters: This just refers to quarter-mile repeats, a very popular workout amongst competitive runners, especially when training for the 1 mile through 5K to quarter-mile repeats. distances. This is ideally done on a track, keeping the terrain consistent and flat so that you can really focus on pacing. As a minor note - when doing track workouts make sure to vary your direction back and forth between clockwise and counterclockwise so that you're not always turning the same direction (this can cause unbalanced stress on some of your stabilizer muscles). Pyramid: This refers to an interval workout where you work up from short distances to a peak, and then make your way back down. It's a great way to practice pacing with various speeds and distances - try to stay consistent through the fatigue while you make your way back down after the peak. Recent Updates 10/2/2014: Added easy recovery jogs to many of the weeks - getting the blood flowing tends to expedite healing and decrease soreness from the speedwork, and especially for runners that don't have years of endurance built up these extra miles will help build the foundation that will keep you from hitting the wall in the latter half of the race. Added an extra week to Climbing the Peak, to make the increased distance and speed slightly more gradual. Tweaked the target times for speedwork and tempo workouts as well as the distances of some long runs, to make progression more manageable. Adjusted speedwork and tempo workouts to avoid repeating a workout in the subsequent week (with improved times) - more than a week is often needed for the gains from a workout to kick in. Added a couple notes/tips in the Climbing the Peak section header. Reading time: 13 minutes How to run a 5k in under 20 minutes © Copyright Craig Wallace It's just another number, 20. But like many running benchmarks, it is a popular target, and to run under 20 minutes for 5k is what many would say defines a 'serious runner'. Few people will be able to break the 20-minute barrier without some determined training and, of course, natural talent. This is especially true for women for whom a 20 min 5k represents a greater achievement than for men. This schedule will not create magic; you'll need to be pretty close to a 20 minute 5k already to make the necessary improvements in 8 weeks. How close? That depends on you: your current training level, your age, gender, natural talent and response to training. A guide not just a sub 20 5k training plan As goal times get lower and more demanding, off-the-peg training plans become less ideal and a training strategy requires more personalisation. Therefore, this training plan should be viewed more as a guide than an actual schedule set in stone. You'll probably want to shape it around your own training habits and lifestyle, but keep to the main plan and importantly, if you do swap some of the days around, allow space around the more demanding sessions so that you enable a decent recovery. If you are within a minute or two of 20 minutes, then this plan might give you what you need to run sub 20. If you can't hit 22 mins yet, then take some elements from here and also from the sub 25 plan; one step at a time. detail. How tough is it to run under 20 minutes? Let's look at some 5k road running stats. World records as at 23rd July 2023 according to Wikipedia 5k road run by Beatrice Chebet in Dec 2024. Those times are obviously set by elite, professional, highly talented athletes; what about the rest of us? Since the introduction of Park Run, we have plenty of figures to look at. At the time of writing, we have 222,896 events and over 44 million individual results providing data. The average 5k time to date is 29.04 (interestingly, it was 28.46. in January 2020). The current women's record of 15:31 was set by Melissa Courtney at Poole on 24 Dec 2022. The current overall record of 13:45 was set by Andy Butchart at Edinburgh on 24 Jun 2023. The first Park Run was held in Bushy Park, London. It's a flat fast course and is where, until recently, that the men's best time was set back in 2012 by Andy Baddeley: 13.48. The Bushy Park Run also has a very large field: regularly over 1300 finishers. The average time for this 5k race 27.09. How many runners run sub 20 mins? Results from 23rd November 2019 show 1328 finishers, of which 510 are women and 735 men (the rest unknown for various reasons). The total number of men running sub 20 mins? Results from 23rd November 2019 show 1328 finishers, of which 510 are women and 735 men (the rest unknown for various reasons). before, there were 4). My local Park Run at Eastbourne is much smaller, 320 finishers recently, with 13 men and 2 women under 20 minutes of course, many Park Runners are either very recreational or new to running. Nevertheless, a 20-minute 5k represents a high standard of running ability that few will achieve. What does it take? Regardless of age, experience, or any other factor, the sub 20-min 5k requires an average pace faster than 4 mins per km (6.26 per mile). For most people, running at that sort of pace demands some dedication to training. Although it is one of the shorter road-race distances, the 5k is still very much an endurance event, so you need a firm endurance foundation to keep to the pace. In addition to a strong endurance base, the sub-20 5k runner will need some speed. Also, mental strength because, for most runners, it's probably going to be rather uncomfortable (you can read more below on developing mental toughness). The age factor Running under 20 minutes reflects different levels of achievement depending on the runner's age and sex. A 50 year old male who ran 20 minutes in their 20s or 30s will probably be running around 22:40 now and 25:40 when they are 65 years old. For a woman, the respective figure at 50 is 22:20 and at 65 it is 26:45 (source, Howard Grubb). For older runners, that 20-minute goal will be much closer to their potential than it will be for younger runners. Training will have to be more focussed, and consequently, recovery will demand special consideration to avoid breakdown. Older runners should be aware of the importance of both rest and strength training when contemplating an increase in training. Ramping up quality or quantity or both will place heavy demands on the body and injury prevention measures are crucial as we age. The Plan Not surprisingly, there is no one-size-fits-all strategy for sub-20 minute 5k running. This sub 20 plan does have similarities to the sub 25 plan, but there are significant differences to the training paces and the volume of training. There are also additional body-conditioning, or strength training, sessions included. The training paces are more specific, targeting the necessary elements for a successful 5k, particularly the development of VO2max. VO2max is a measure of how much oxygen you can utilise and is dependent on the efficiency of the heart (it's stroke volume) and the efficiency of your muscles (in utilising the oxygenated blood for energy production). It's not just about the efficiency of the engine. We can also improve 5k race time by developing running economy by incorporating faster repetition training. Like any plan, before you even start, you should obtain an honest assessment of where you are right now. As mentioned earlier, if you cannot run 22 minutes now, then it's unlikely you'll make the necessary improvements in 8-weeks. You should also look at the plan and determine how it compares to your current training regime. If you've not done any speed work before then gradually introduce it before embarking on this schedule. Likewise, if the volume is much greater than you currently run, then build up to it gradually. Training paces Your present fitness will dictate your training paces. Where 5k pace is mentioned in the plan below, it is your current 5k race pace, which in this instance is 4 min/km (6.26/mile). Why use goal or target-pace? You need to know what it feels like and you need to get used to it. The target-pace sessions also provide a valuable reality check: if you can't manage them, then you'll be unlikely to manage them, then you'll be unlikely to manage them, then you'll be unlikely to manage them agic 20 minutes on race day. Furthermore, your target 5k pace will be slightly faster than your present 5k pace and this pace will develop your VO2max; vital for 5k running. You should use the training pace calculator below to determine your training paces. Endurance run at the weekend is not the only run that should feel like an easy pace. The purpose? To train the heart to be stronger and the muscle cells to be more energy efficient. The pace is easy, the training effects are achieved at a relatively low heart rate and there's no need to create more fatigue than necessary. Why is the long run so long? The event is just 5k, a little over 3 miles, do I really need to run further in training? In short, yes you do. In very simple terms, we only need a small proportion of our training to be speed training. The slower runs make the cake; the speed sessions ice it. The 5k is certainly one of the shorter distances for road runners, but it is still almost completely run aerobically (around 90%), with most of the energy derived from using oxygen in the air we breathe. The long run is an opportunity to build this energy system and build it strong. If you are reading this, then I quess you are not planning to simply complete the 5k distance, you want to run it fast. The long run will help keep fatigue to a minimum not just during the race but also during the race but also during the race but also during the whole of your training. running. The body is always producing lactate. At rest and during low-intensity exercise, lactate is utilised (as fuel) and cleared from the body quicker than it is being produced. Threshold pace is the intensity at which lactate production exceeds clearing and accumulation occurs. The body cannot sustain this accumulation indefinitely. Generally, a runner can race for a maximum of an hour at this pace. Training at or around threshold pace increases the body's capacity to clear lactate, thereby raising the threshold over time. Threshold pace does not relate universally to any given race pace. For an elite runner it is likely to be around half-marathon race pace, for less capable runners it can be equal to their 10k pace (if their 10k race time is around an hour). Target 5k pace In the schedule you'll see some sessions that include 'target 5k' pace. This is very specific at 4 min/k or 6.26/mile. You'll need to be able to sustain this pace for the reps in the sessions. It will get you and your body used to performing at the required level. If you are using this schedule to target 19 mins, for example, (and there's no reason not to), then adjust accordingly. Of course, the aim, by the end of the 8-weeks is to be able to run continuously for 5k at this pace or faster. These sessions are meant to be challenging intense efforts, treat them as mini-milestones towards your target: 400m Reps 6:15 p/m pace (93s per lap) with a 60sec standing recovery. 800m Reps - should be reps at 6:25p/m pace (3:12 per 800m) with a 200m jogged recovery. Hills: Kenyans/ Hill Sprints - alternate between Kenyans and Hill Sprints to get a balance of power and endurance training. Example Hill Training Sessions. Remember that to consider following this sub 20 minute 5k plan you should already be able to run at a target race pace of 6:25 for at least a mile (3:59p/km) and/or have a PB under 22 minutes. The core work for the sub 20 5k training plan is set over a 3-week period with the addition of 1 week's recovery. At the end of the first 4-week cycle you can repeat and/or tailor the plan to your individual needs to focus on your particular 5k event. It is recommended that after three months following the sub 20 5k plan that you reduce your training for a period of one to two weeks to allow your body time to recover from the impact of running. This should mean more time cross-training with a couple of nice easy runs every few days to keep the legs ticking over. Media Platforms Design Team tempo runs, intervals, plus long runs of 10 to 12 miles. Weekly mileage starts at 30 miles per week and peaks at 40 miles per week a few weeks before the race. Paces for each workout are prescribed. Plan Overview Plan Length: 8 Weekly Routine: 5 days of running, 2 days of rest Weekly Mileage: 18-40 miles tong Runs: Start at 8 miles, peak at 12 miles Quality Workouts: Tempo runs, half-mile repeats and mile repeats Ways to Purchase This plan is available for purchase via the following two methods: Runner's World Go · \$2.99/month The Runner's World Go iPhone app provides all the tracking tools, expert knowledge, and motivation you need to crush your goal. You can map your runs using your phone and the app—no GPS watch needed—and easily track your progress through the plan. The app also includes training and nutrition advice, along with handy features like weather forecasts and the "what to wear" tool, so you'll be ready for anything. TrainingPeaks · \$24.99 A Runner's World plan on TrainingPeaks means you'll get daily emails with your next workout to keep you on track; the ability to easily upload workouts from one of more than 80 training devices (or the option to record manually); displays that allow you to quickly see your actual workouts; nutrition tracking to monitor your diet; support and answers on the message boards; and more. Media Platforms Design Team Media Platforms Design Team Media Platforms Design Team Calendar Snapshot Here's a sneak peek at what the plan has in store for you. This is week one: Monday, Day 1 · Rest or Cross-Train Welcome to the Runner's World Break 20 Minutes 5K Plan. This eight-week plan is designed to help you cross the finish line of a 5K in 20 minutes. // Each Monday, you'll get a note about your training for the week ahead. And each day, you'll receive an email reminding you about the workout for the day, your training kicks off with a day of rest. Ideally, on rest days you should do no exercise at all. But it's okay to cross-train with a no-impact activity like stretching, yoga, or swimming. This week you'll have one more rest day, three short runs, and a longer run of 10 miles. On Thursday you'll do a tempo run, which will help train your body to run faster over a longer distance. // If you want to add miles, do it on an easy day. But don't extend any run by more than one or two miles, or add miles on Saturday (the day before your long run). Doing too much too soon is a recipe for injury. Tuesday, Day 2 · 4 Miles Easy When you head out today, focus on maintaining a comfortable, conversational rhythm. These easy days are meant to strengthen muscles, build endurance, and burn fat, but the key is to keep the effort conservative so you're not worn out for the hard workouts ahead. You want to finish each run feeling like you have the energy to run longer. (Pace: 8:15/mile) 1-mile cooldown // Today you'll do a tempo run. After a one-mile warmup, run two miles at your tempo pace (6:53/mile), then cool down with one mile of easy running. Your tempo pace should feel hard but controlled. You won't be able to talk comfortably at your tempo pace, but it should not feel as if you're racing. Thursday, Day 4 · 3 Miles Easy On easy days, cross-training should involve a sustained aerobic effort with an activity like cycling or using an elliptical trainer, for the same amount of time you'd spend on the day's mileage. If you plan to incorporate cross-training into your preparation and want to try a new activities because of the risk of injury so close to your goal event. // Run 3 miles easy today. (Pace: 8:15/mile) Friday, Day 5 · 6 Miles Easy As your training gets under way, invest in shirts, shorts, pants, underwear, jog bras, and socks that are made of technical, lightweight fabrics that wick away moisture. These fabrics, which go by names like Dri-Fit and CoolMax, help prevent blisters and chafing. (Pace: 8:15/mile) Saturday, Day 6 · Rest or Cross-Train Today you have the choice of resting or cross-training. Don't worry about losing your fitness on rest days. Rest builds strength, reduces fatigue, and prevents injuries. three- or four-week forced layoff down the line due to a strain or a stress fracture. Sunday, Day 7 · 10 Miles LSD Sundays will be reserved for long, slow distance (LSD) runs to build your endurance. Long runs improve aerobic capacity, develop your strength, and get you accustomed to spending a longer time on your feet. Don't worry too much about your pace on long runs; just focus on the distance you want to cover for the day. (Pace: 8:15/mile) Media Platforms Design Team Me championing and inspiring runners for over 30 years and is at the heart of a thriving running community. Across all of our platforms, whether print, digital, social or podcast, our mission is to support runners of all ages and abilities with best-in-class advice, expert reviews and inspiring stories. We're absolutely passionate about the power of running community. to change lives and we want as many people as possible to benefit from that. We offer expert advice on training, injury prevention, health, nutrition, authoritative reviews of running can help people live healthier and happier lives. No Risk - Join today, cancel anytime Choose our secure and trusted checkout, Apple Pay or PayPal The sport gave me so much since I won two professional long distance triathlons (Kalmar and Barcelona) - the fastest in 8:54 - and the World- and European Championships as an agegrouper. I love to share my experience and a lot of athletes trust me and my coaching skills. As more and more athletes asked for help and coaching I decided to build these training plans here beside my 1 on 1 coaching. So more athletes can start their journey towards their personal goals. I'd be very happy if you will be one of these. This plan ensures that you will have everything you need to reach your goal of breaking 20 minutes in a 5k race.You'll have 5 run workouts each week. To be sure you did everything needed, you have to do the run workouts, but I personally recommendation is 1-2 massage, yoga, Blackroll or stretching sessions a week extra. So with this plan you can be sure you have everything you need and my full expertise as a pro athlete and physician.Let's make your dream come true, Astrid :-) This 5K training plan is designed for runners who are finishing 5K's under 23-21 minutes already but need a little extra structure and guidance to get to the next level. This is a 12-week training plan that offers interval training plan was developed to help you hit a target time goal. We will waste little time getting into a solid 2-week training cycle so you can feel prepared to handle the hot pace you're trying to run in your 5k race.Note: Make sure to take the recovery days seriously, as they are the times that allow your body to recover and adapt from the harder workout days. These help you recover from your runs and make sure you taper your training the final week so you are ready to rock your race. Easy: The "easy" run on the schedule above should be at a comfortable level. Don't focus on how fast you are running, just make sure you get the miles in. An "easy pace" should be run at a level that allows you to chat with a running partner without being out of breath.Long Runs:Long runs will be slightly longer in time and distance compared to your usual easy runs, this will build your endurance for the 5k race.Feel free to keep the pace "easy" on these days, or pick up the pace "easy" on these days, or pick up the pace just a little bit in the last couple of miles if you feel good. Tempo Runs:Tempo Runs are a continuous and steady effort that should feel comfortably uncomfortable. After your warm-up, feel free to stop, stretch, and do some strides. You will have the spaces provided to you. You may want to run these as a progression, starting off easier and getting quicker over the course of the run. Be very useful for developing an anaerobic threshold which is extremely essential for a very fast 5k race. Hill Repeats: As part of this training program to help build your strength and power. These should be run by "feel" for the duration of the time prescribed. Rest in these workouts will be the walk/jog down the hill back to your starting point. Generally, the shorter the time running, the faster you will want to run.Fartlek Training: Characterized as "speed play" these workouts consist of running at a faster pace for a short designated time frame, then a short rest that still includes some slower running or jogging. This is another workout that is run by "feel", so make sure to pay attention to how you feel on each repetition and distribute your energy sustainably throughout the workout. Interval runs is that you train faster than your race pace for the 5K. Be sure to run a specific amount of time hard, then recover by jogging or walking for a shorter time to catch your breath or 200-400 meters. Make sure you are warmed up before the intervals. Focus most on good form during these workouts. Doing sprints of 100 meters beforehand and stretching would be ideal. Strides: Strides can be done at the end of a recovery run or at the beginning of a workout to stretch out your stride and prepare your legs for some faster movements. They should be done around 85-90% of your maximum speed, but they should be faster than the first half. Aim for around 10-15 seconds, or 60-100 meters for each stride. SUB 20 MINUTE 5K TRAINING PLAN - WEEK BY WEEKInterval Workout: 2 mile warm-up, 8x200 meters (1/8 mile)/(30-40 seconds of running) fast, 2 mile cool-down18 Total Miles4 Easy Run & 1 Interval RunWeek One Comments: This week you will be hitting the ground "running". Focus on setting a tone for the weeks to come, try to keep it fun. Take the easy day VERY easy this week to ease into training. Be careful not to over-do it on the easy run on Thursday, as you will feel sluggish during the Interval runs on Friday. The warm-up and cool-down miles are very important to get your body going and to stabilize your heart rate when cooling down. This gives your body a natural decrease in heart rate as you finish your run.Be sure to REST on the rest days, which means do not go out for a stroll. Cross-training or bike riding is a perfect substitute.Strides are to be done after your easy runs when they are prescribed, they should be 10-15 seconds and about 85-90% of your max speed (which you should run by feel). Strides will help enhance your running form and prepare your legs for the workouts ahead. The interval runs work best to run fast for the 200 or 1/8, once you hit the specific distance STOP to catch your breath? However long it took you to run the 200 or 1/8 mile. So if it took you forty seconds or one minute to run the 1/8 interval, you rest for forty seconds or one minute and then go continue to the next interval run.Don't be surprised, normally the first interval run.Don't be surprised, normally the first interval run. When you get fitter later into the training plan, you may see your workout paces even out...or you might even start getting faster at the end of your interval workouts. Be patient. Hill Workout: 2 mile warm-up, 8x :30 sec hill sprints, 2x :60 hill run with jog downhill as rest, 2 mile cool-down22-23 Total Miles3 Easy Run & 1 Hill Repeat, 1 FartlekWeek Two Comments: Week two features a hill repeats a hill repeats a hill repeat for the cool-down22-23 Total Miles3 Easy Run & 1 Hill Repeat, 1 FartlekWeek Two Comments: Week two features a hill repeats a hill repeat for the cool-down22-23 Total Miles3 Easy Run & 1 Hill Repeat, 1 FartlekWeek Two Comments: Week two features a hill repeats a hill repeat for the cool-down22-23 Total Miles3 Easy Run & 1 Hill Repeat, 1 FartlekWeek Two Comments: Week two features a hill repeat for the cool-down22-23 Total Miles3 Easy Run & 1 Hill Repeat for the cool workout, this is a great way to strengthen your legs and lungs by fighting gravity. Take the warm-up and cool-down seriously, as it gets your body ready to get your legs used to shift between faster and slower paces, so try to run fast for the "on" portion, and then jog or slow your pace to recover on the "off" portion. On Sunday the mileage has increased to six miles, which helps build endurance for your breathing and legs for hard running via the intervals but you are also training to increase the mileage has increased to six miles. endurance. This will prove monumental during the race. Take the long run as you see fit, if you are tired then go easy, but if you feel good then feel free to pick up the pace in the last mile or two. Interval Workout: 2 mile warm-up, 10x200 meters (1/8 mile)/(30-40 seconds of running) fast, 1 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 20 minute tempo run, 1 mile cool-down 23 Total Miles3 Easy Run & 1 Tempo RunWeek Three Comments: The interval run has increased to now ten (as opposed to eight in week one). Remember the rule about resting after each interval run. Take a break to catch your breath for however long it took you to run that interval. This interval running will be hard on your legs so you have a few rest and easy run days in to make sure you get solid miles in. The tempo run will be a great "high end" endurance as well. You will want to feel comfortably uncomfortably uncomfortable during this session, you should be breathing hard, but still have enough air to utter a short sentence like: "I feel alright". Don't be afraid to ease into the fast pace for the first 5 minutes, 5x :15 sec hill sprints, 5x :30, 5x :60 hill run with jog downhill as rest, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile warm-up, 5x :15 sec hill sprints, 5x :30, 5x :60 hill run with jog downhill as rest, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile warm-up, 5x :15 sec hill sprints, 5x :30, 5x :60 hill run with jog downhill as rest, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile warm-up, 5x :15 sec hill sprints, 5x :30, 5x :60 hill run with jog downhill as rest, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek Workout mile warm-up, 12x 1:00 run fast/(1:00 run jog), 1 mile cool-down24-25 Total Miles2 Easy Runs & 1 Hill Repeat, 1 Fartlek Workout, and 1 Long RunWeek Four Comments: When you finish this week, you will be a whole month into this training plan, you are increasing your strength, improving your speed endurance, and piling up some solid miles. We have now settled into a good 2-week cycle, this week offers another hill repeats workout and fartlek workout. Once again for the "on" portion, and then jog to recover on the "off" portion. Keep stacking good weeks on top of each other, it's natural to start feeling some aches and pains as you progress in your training, make sure to stretch, eat healthily, and sleep well at night for ample recovery and adaptation. For the Sunday long run the same principle applies as last week, easy if you are tired, pick up the pace if it feels good. Above all else, be patient. Interval Workout: 2 mile warm-up, 6x400 meters (1/4 mile)/(1:30-2:00 minutes of running) fast, 1 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast) Tempo Run, 1 Tempo Run, 1 Tempo Run, 1 Tempo Run, 2x15 minute tempo run, 1 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast) Tempo Run, 1 on three quality sessions. This week's interval run is now 6 x 400 meters (1/4 mile), so each interval is double the length of the intervals you have a couple more rest days. The tempo run will also be longer in total time, but it is broken into two parts, take 2-3 minutes between the repetitions so you can recover. Take Sunday's eight-mile long-run easy, as it's a lot of miles to run after a hard day on Friday so be cautious and don't overdo it. Take your rest days seriously. The hard sessions are what break you down, but the rest days offer time for your body to adapt. Hill Workout: 2 mile warm-up, 10x:60 hill run with jog downhill as rest, 1 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Fartlek, and 1 Long RunWeek Six Comments: This week provides more hill repeats and another fartlek. We are continuing to build well-rounded strength, power, and speed by working through a range of gears, paces, and distances. Each new week is stacking a new layer of fitness onto the last. Try to pick up the intensity of the workouts this week, as you are definitely gaining fitness. The nine-mile run on Sunday stretches out your legs and pushes your endurance a little bit.Next week will bring on your most intense interval session yet, so make sure to take recovery seriously this week. Interval Workout: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 5x600 meters/(2:00-2:30 minutes of running) fast, 2 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run down 25 -26 Total Miles2 Easy Run & 1 Interval Run, 1 Tempo Run & 1 Long RunWeek Seven Comments: Think of this week as putting a cherry on top of the fitness you have built over the last six weeks. You will have an intense interval run of 5x 600 meters (3/8 mile), so don't be afraid to go for it here if you are feeling fit, but do not force anything. The volume and density of this session are longer than your past interval runs, but consider it as another piece to the puzzle to run your second workout, this will keep making you stronger, do not force anything, but if you feel good on the second 15-minute repetition do not be afraid to pick it up past your comfort zone in the final 10 minutes. Interval Workout: 2 mile warm-up, 4x200 meters (1/8 mile) (30-40 seconds of running), 6x400 meters (1/8 mile) (30-40 seconds of running) fast, 1 mile cool-down3 MILES EASY + 4 strides (10-15 seconds fast)Tempo Run: 2 mile warm-up, 25 minute tempo run, 1 mile cool-down 26-27 Total Miles2 Easy Run, 1 Interval Run, 1 Tempo Run and 1 Long RunWeek Eight Comments: You are heading into the final month of your training program, and this is when you begin to reap the benefits of your hard work from the past few weeks. We are back with another interval session, but it includes two distances. Run the 200-meter repetitions, which will give first, take 2-3 minutes rest to recover, then jump into the 400-meter repetitions, which will give you more strength. Needless to say, take recovery seriously after this workout. The tempo run for the first 5 minutes, but also if you feel good about easing into the tempo run for the first 5 minutes, but also if you are tired from the workouts then don't be afraid to just take it easy. Hill Workout: 2 mile warm-up, 2x(5x :30 hill sprints, 5x :60 hill sprints, 5x :60 hill sprints) with jog downhill as rest, 1 mile cool-down27-28 Total Miles2 Easy Run, 1 Hill Repeats, 1 Fartlek and 1 Long RunWeek Nine Comments: This week provides more hill repeats and another fartlek. You may be feeling fresh as a daisy. Both are natural responses depending on how well you are recovering. You are continuing to build well-rounded strength, power, and speed by working through a range of gears, paces, and distances. Each new week is stacking a new layer of fitness onto the last. Try to keep picking up the intensity of the workouts this week, as you are definitely gaining fitness. The 10-mile long run on Sunday will get you into some double-digit mileage. Be easy on your body before, during, and after this one. Interval Workout: 2 mile warm-up, 6x400 meters (1/4 mile)/(1:30-2:00 minutes of running) fast, 1 mile cool-down 31-32 Total Miles3 Easy Run, 1 Interval Run, 1 Tempo Run and 1 Long RunWeek Ten Comments: We are adding another day of easy running to your week, which will have your total weekly volume go up. We are backing off the total volume a little bit with this interval session, but that means it can be a little faster than others if you are feeling good. The tempo run goes up to 30 minutes, this is a bit of a key session, as it will be a key to getting your endurance up to hold the hot 5k pace. Try to run about your 5k pace + 50 seconds. As always, take your recovery days seriously to get the maximum effect out of the workout: 2 mile warm-up, 10x :30 hill sprints, 5x :60 hill sprints, 5x :60 hill sprints, 5x :60 hill sprints, 5x :60 hill sprints with jog downhill as rest, 1 mile cool-down3 Miles Easy + 4 strides (10-15 seconds fast)Fartlek Workout: 2 mile warm-up, 8x 1:00 run fast/(1:00 run jog), 1 mile cool-down25 Total Miles2 Easy Run, 1 Hill Repeats Workout, 1 Fartlek and 1 Long RunWeek Eleven Comments: We are backing off of the total weekly volume slightly so you can focus on the workouts and take your recovery seriously. This week provides more hill repeats and another fartlek. Start getting a little excited about your race, but also stay very calm and don't change up your routine at all in these last two weeks, as your body likes to keep a rhythm of stress and adaptation to come out at its best. You have done some great work, so don't overthink your fitness, just keep showing up and then recovering well afterward and the rest will take care of itself.3 Miles Easy + 4 strides (10-15 seconds fast)Interval Workout: 2 mile warm-up, 4x200 meters (1/8 mile) (30-40 seconds of running) fast, 1 mile cool-down2 MILES EASY + 4 strides (10-15 seconds fast)SK RACE DAY1-2 mile warm-up, 2-4 strides, race well! 20-24 Total Miles3-4 Easy Runs, 1 Interval Run, and 5K Race Day!Week Twelve Comments: It's race week! All the training and preparing comes down to Sunday.During the week, don't push yourself too hard on the interval day, but still, make sure to get the work in. It will keep your body in a rhythm and your legs will be good to go on race day.However, dc not worry about feeling "fresh" on race day, as your body is prepared to perform well no matter how you feel. On Race Day, stick to your normal pre-race routine and don't let the adrenaline of the race get you out of your comfort zone especially at the beginning of the race. Try to get to your goal race pace within the first mile of the race. If you can do that and hold it, you have a really good chance of reaching your goal.Once you get to the last 1/2 mile or 1/4 mile, run very hard to the finish line.That time will be made up for the time it took you to get to your race pace.Got a question about the training plan? Send me an email and I will respond as quick as possible = trainfora5k@gmail.com. Craving a 5k personal record? Then this is for you! The following plan will take the guesswork out of training. You want to break a 5k in 20 minutes? This program will tell you exactly how often, how fast and how far you need to run each day to meet your goal. By following the guidelines above, we promise that your next 5k will be your very best. The Equipment The FitKit bundle is designed to enhance your 5k running experience, and it includes essential items to support your performance. The Bodylite Safeguard vest, featuring high-visibility reflective elements, plays a crucial role in ensuring your safety during low-light conditions. By wearing this vest, you can significantly increase your visibility to motorists and fellow runners, reducing the risk of accidents. In addition to the Safeguard vest, the bundle includes a sports towel to keep you refreshed and a soft water bottle for convenient hydration on the go. Stay visible, stay comfortable, and achieve your running goals with this plan weet, the bundle includes a sport stowel to keep you refreshed and a soft water bottle for convenient hydration on the go. Stay visible, stay comfortable, and achieve your running goals with the FitKit bundle. assume you have already run a minimum of one 5k race. If you haven't - don't worry! 5ks are easy to find. In many areas of the country, there are local races nearly every weekend of three key workouts (Long Run, Intervals, Tempo). You will run these workouts every week, preferably on non-consecutive days (e.g. Tuesday, Thursday and Saturday). These are the runs that will build your mileage base. Fill any remaining days with rest or light training activities. One day every week will always be committed to total rest and recovery. Training Key Long Run (LR)Long runs develop the aerobic capacity and endurance necessary for covering the race distance. Your pace should stay fairly comfortable, although fatigue will build up toward the end. Some long runs will end with five to 15 minutes of running at a slightly quicker pace to teach your body to pickit up when you're fatigued. The pace translates to roughly 20 to 30 seconds per mile faster than your normal long run pace. Fartlek (F)In fartlek workouts, you'll mix up your speed, running some segments fast and some slow. The "hard" segments should be run at goal 5k pace or a bit quicker. Make sure to run at a pace that you can maintain throughout the entire effort. Start with a warm up of 10 to 15 minutes of easy jogging. Jog or walk the recovery time between hard effort, and then finish with a five to 10 minute easy cool down. Hill Repeats (HI)Hill sessions strengthen your quadriceps, hamstrings, glutes and calf muscles, which will equate to faster running on all terrain. After warming up for 10 to 15 minutes, run up a hill with a moderate grade for the amount about the same as 5k race effort, although the pace will likely be slower. If you live in a flat area, find a bridge or use a treadmill. Walk or jog back down the hill for recovery and repeat the effort when you reach the bottom. Race Pace (RP)Race pace workouts require you to run at your goal 5k pace. This workout teaches your ability to hold RP for an extended period of time. Start and finish each workout with 10 to 15 minutes of light jogging. Tempo (T)Tempo runs build stamina. Tempos are performed at a comfortably hard pace. Breathing will be slightly laboured, but you should be relaxed and able to maintain an even pace. End the workout with a five to 10 minute easy cool down. Easy Runs (Friday)Sprinkled throughout each plan are easy runs. Easy runs are just that, easy. These runs are used for recovery, as well as just getting time on your legs. Page 2 As someone walking the streets, you're among the most vulnerable road users out there. That's why it's crucial to always keep road safety in mind and take personal responsibility for... Read more Runner's World has been championing and inspiring runners for over 30 years and is at the heart of a thriving running community. 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