

5K Training Plan

SAL'S GYM

WEEK 1

DAY 1

35 MINUTE EASY
RUN

DAY 2

10X 400
@ 5K PACE
90 SECOND REST

DAY 3

2X 10 MIN TEMPO
RUN

WEEK 2

35 MINUTE EASY
RUN

8X400
@ 5K PACE
90 SECOND REST

HILLS X 6

WEEK 3

40 MINUTE EASY
RUN

6 X400
@ 5K PACE
90 SECOND REST

2X10 MINUTE
TEMPO RUN

WEEK 4

40 MINUTE EASY
RUN

4X 1K AT 5K PACE
2 MINUTE REST
BETWEEN

30 MINUTE EASY
RUN

HILLS

START AT THE STOP
SIGN ON CONER OF
BANGS AND
STEVENSON AND RUN
NORTH! RUN UP,
RECOVER ON THE
WALK DOWN

TEMPO RUN

THIS SHOULD BE :30
SECONDS SLOWER
THAN YOUR 5K PACE.
REST 2 MINUTES
BETWEEN SETS