



5K Training Plan

**Improver Plan**

St John  
Ambulance



running  
us

COACHING &  
CONSULTANCY  
[runningwithus.com](http://runningwithus.com)



## **This Plan**

This Training plan is designed to get you to the start line of a 5km feeling prepared and confident that you can achieve your goal

## **Is this everything i need to know?**

No - this plan is supported by our Running Guide, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey

## **Why train this way?**

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal race pace



wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	20 MINS INCLUDING 2X5 MINUTES AT THRESHOLD WITH A 2-3 MINUTE JOG RECOVERY	30 MINUTE RECOVERY RUN	30 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	30 MINUTES WITH 3X5 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	30 MINUTES RELAXED
2	REST	FARTLEK SESSION 30 MINUTES INCLUDING 4,3,2,1 MINS HARD EFFORT OFF A 90 SEC JOG RECOVERY	30-45 MINUTE RECOVERY RUN	30 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	40 MINUTES WITH 4X5 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	40 MINUTES RELAXED
3	REST	FARTLEK SESSION 40 MINUTES INCLUDING 5, 4,3,2,1 MINS HARD EFFORT OFF A 90 SEC JOG RECOVERY	30 MINUTE RECOVERY RUN	30 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	40 MINUTES WITH 2X10 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	50 MINUTES RELAXED
4	REST	FARTLEK SESSION 45 MINUTES INCLUDING 5, 4,3,2,1 MINS HARD EFFORT OFF A 90 SEC JOG RECOVERY	30-45 MINUTE RECOVERY RUN	30 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	45 MINUTES WITH 4X6 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	60 MINUTES RELAXED
5	REST	30 MINUTE RECOVERY RUN	30 MINUTE RECOVERY RUN	30-45 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	45 MINUTE PROGRESSION RUN WITH 15 MINS EASY 15 MINS STEADY 15 MINS THRESHOLD	45 MINUTES EASY PACE RUN

wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	REST	FARTLEK SESSION 45 MINUTES INCLUDING 3 SETS OF 3,2,1 MINS WITH A 90 SEC JOG RECOVERY	30-45 MINUTE RECOVERY RUN	30-45 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	45 MINUTES WITH 4X6 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	60-70 MINS EASY PACE RUN
7	REST	MIXED PACE SESSION 6X3 MINS WITH ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS AT 5KM PACE ALL WITH 90 SEC JOG REC	30-45 MINUTE RECOVERY RUN	30-45 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	50 MINUTES WITH 5X5 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	60-80 MINS EASY PACE RUN
8	REST	KEY SESSION 6X3 MINS TARGET 5KM PACE WITH 90 SEC JOG RECOVERY - 30-45 MINUTE RUN IN TOTAL	30-45 MINUTE RECOVERY RUN	30-45 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	45 MINUTES OUT AND BACK RUN AIM TO RUN STEADY FOR 23-34 MINS, TURN AROUND AND RUN HARD BACK IN 21-22 MINS SPRINT FINISH	60-80 MINS RELAXED RUN
9	REST	FARTLEK SESSION 2X4 MINS, 2 MINS, 1 MIN (90 SEC JOG REC)	30 MINUTE RECOVERY RUN	30-45 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	KEY SESSION 5X4 MINS AT TARGET 5KM PACE WITH A 90 SEC JOG RECOVERY SPRINT FINISH LAST EFFORT	45 MINUTES EASY PACE RUN
10	REST	30 MINS INCLUDING 5X2 MINS AT TARGET 5KM PACE WITH A 2 MIN JOG RECOVERY	30 MINUTE RECOVERY RUN OR REST	20-30 MINUTE EASY RUN OR CROSS TRAIN PLUS CONDITIONING	REST	20 MINUTE EASY RUN	5KM RACE!

# Good luck with your event!

For more information about training and training plans, please get in touch with Running with us on:

## Email

info@runningwithus.com

## Social

Facebook [www.facebook.com/runningwithus](http://www.facebook.com/runningwithus)

Instagram [@runningwithus](https://www.instagram.com/runningwithus)

Twitter [@runningwithus](https://twitter.com/runningwithus)

Website [www.runningwithus.com](http://www.runningwithus.com)

For event related and fundraising enquiries, please do contact SJA events team on [events@sja.org.uk](mailto:events@sja.org.uk) Good luck!

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