



# 5k Training Plan **Experienced**

**Created by Tom Craggs**  
England Athletics Running Coach



	MON	TUES	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	Run Session: 30–40 min easy run at 2–3/10 effort	Warm up: 10 min easy run at 2–3/10 effort Main Session: 5 sets of 5 minutes at 7/10 effort with 90s jog recovery Cool down: 5–10 min easy run at 2–3/10 effort	Rest or Run/XT: 30–45 min easy run at 2–3/10 effort	Run Session: 40–60 min easy run at 2–3/10 effort	Rest	Warm up: 10 min easy run at 2–3/10 effort Main Session: 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 & 8–9/10 aim to get faster as you go through Cool down: 5–10 min easy run at 2–3/10 effort	Run Session: 70 min easy run at 3–4/10 effort
<b>WEEK 2</b>	Run Session: 30–40 min easy run at 2–3/10 effort	Warm up: 10 min easy run at 2–3/10 effort Main Session: 12–15 x 45s fast at 8/10, 75s steady at 5/10 Cool down: 5–10 min easy run at 2–3/10 effort	Rest or Run: 30–45 min easy run at 2–3/10 effort	Run or XT session: 30 min as: 10 mins easy at 2–3/10, 10 mins steady at 4–5/10, 10 mins at controlled discomfort 6–7/10 effort	Rest	Warm up: 10 min easy run at 2–3/10 effort Main Session: 5 sets of 2 minutes at 8–9/10 effort with 120s rest or jog recovery Cool down: 5–10 min easy run at 2–3/10 effort	Run Session: 70–80 min run at 2–4/10 effort
<b>WEEK 3</b>	Run Session: 40–50 min easy run at 2–3/10 effort	Warm up: 10 min easy run at 2–3/10 effort Main Session: 6 sets of 5 minutes at 7/10 effort with 90s jog recovery Cool down: 5–10 min easy run at 2–3/10 effort	Rest or Run/XT: 30–45 min easy run at 2–3/10 effort	Run Session: 45–60 min easy run at 2–3/10 effort	Rest	Warm up: 10 min easy run at 2–3/10 effort Main Session: 3 sets of 3 mins, 2 mins, 1 min. 60 secs rest between efforts, 3 mins between sets. Work between 6/10 & 8–9/10 Cool down: 5–10 min easy run at 2–3/10 effort	Run Session: 70–80 min run at 2–4/10 effort
<b>WEEK 4</b>	Rest or Run Session: 30 min easy run at 2–3/10 effort	Warm up: 10 min easy run at 2–3/10 effort Main Session: 12–15 x 60s fast at 7–8/10, 60s steady at 5/10 Cool down: 5–10 min easy run at 2–3/10 effort	Rest	Run Session: 30 min easy run at 2–3/10 effort	Rest	3km time trial, or 30 min easy run at 2–3/10 if tired	Run Session: 60 mins at 2–3/10 effort

	MON	TUES	WED	THU	FRI	SAT	SUN
<b>WEEK 5</b>	Run Session: 40-50 min easyrun at 2-3/10 effort	Warm up: 10 min easy run at 2-3/10 effort Main Session: 10-12 x 60s fast at 8/10 with 60s rest Cool down: 5-10 min easy run at 2-3/10 effort	Rest or Run: 30-45 min easy run at 2-3/10 effort	Run or XT session: 35 min as: 10 mins easy at 2-3/10, 15 mins controlled discomfort at 6-7/10, 10 mins easy at 2-3/10 effort	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 2 sets of 4 mins, 3 mins, 2 mins, 1 min. 60 secs rest between efforts, 3 mins between sets. Work between 6/10 & 8-9/10 Cool down: 5-10 min easy run at 2-3/10 effort	Run Session: 60-75 min run at 2-4/10 effort
<b>WEEK 6</b>	Run Session: 40-50 min easy run at 2-3/10 effort	Warm up: 10 min easy run at 2-3/10 effort Main Session: 15-20 x 40s fast at 9/10 with 60-70s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest or Run/XT: 30-45 min easy run at 2-3/10 effort	Run Session: 45-60 min easy run at 2-3/10 effort	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 8 sets of 2 minutes at 8-9/10 effort with 90s rest or jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Run Session: 60-70 min run at 2-4/10 effort
<b>WEEK 7</b>	Run Session: 30-40 min easyrun at 2-3/10 effort	Warm up: 10 min easy run at 2-3/10 effort Main Session: 6 sets of 5 minutes at 7/10 effort with 90s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest or Run/XT: 30-45 min easy run at 2-3/10 effort	Run or XT session: 30 min as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 5-6 sets of 3 minutes at 8-9/10 effort with 90s rest or jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Run Session: 50-60 mins at 3-4/10 effort
<b>WEEK 8</b>	Rest or Run Session: 30 min easy run at 2-3/10 effort	Warm up: 10 min easy run at 2-3/10 effort Main Session: 8 x 40s fast at 9/10 with 60-70s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Run Session: 30 mins easy at 2-3/10	Run Session: 30 mins progressing from 2/10 to 6-7/10 for final couple of minutes	Rest	<b>5K RACE!! GOOD LUCK!</b>	Rest

RPE SCALE	WHAT IT MIGHT FEEL LIKE
0	Sat at home in your armchair
1	Brisk walking for some, very easy jogging for others. Able to fully converse with no effort.
2-3	Easy running, able to hold a full conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever.
4-5	Steady running. Able to speak but in shorter sentences. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours.
6-7	Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed.
8-9	Working hard at 3km-10km effort. You have to focus and work to maintain pace. You'll be breathing strongly and will feel like you need the recovery between efforts.
10	Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable.

## THE PLAN

This plan is aimed at experienced runners who run most days and who are confident running 60-70 minutes + continuously as well as including interval sessions in their training. You will have completed 5km races or parkruns before and will be looking to improve your performance over the eight weeks of the plan. The plan includes plenty of faster running so you should be experienced at mixing up paces in your training.

## COMPLETING THE PLAN

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming or elliptical trainer. You might see cross training included in the plan to – these are labelled as 'XT'. Take ownership of the plan and adapt it to suit your situation, background and needs. If you need to swap days run not to do two runs harder than 7/10 effort on back to back days. It's fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary speak to a physio or medical expert. Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical check up with a professional before undertaking any running training plan.

## GUIDING YOUR EFFORT

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).