RUN YOUR FASTEST 5K

THE 6-WEEK TRAINING PLAN

6	4	30+
WEEKS	RUNS / WEEK	MIN CONTINUOUS RUNNING TO START

For recreational runners who can already run continuously for about 30 minutes and want to improve their 5K.

THE TRAINING FORMULA		
01	**EASY VOLUME**	Build aerobic capacity without accumulating unnecessary fatigue.
02	**THRESHOLD**	Improve your ability to sustain a strong, controlled effort.
03	**5K-SPECIFIC WORK**	Practice fast, repeatable running without turning training into racing.
04	**RECOVERY**	Absorb the work. Easy days, sleep and fueling support adaptation.

CONSISTENCY > HERO WORKOUTS

Most sessions should finish with the feeling that you could have done a little more.

TRAIN BY EFFORT, NOT EGO

Pace changes with fitness, terrain, heat, wind and fatigue. Use the descriptions below as the primary guide; RPE is a subjective reference, not an exact target.

Easy	2-4	Comfortable	Conversational. Relaxed breathing and clearly sustainable.
Steady	4-5	Controlled	Purposeful but relaxed. You are working, not straining.
Threshold	6-7	Comfortably hard	Strong and controlled. Short phrases are possible.
5K intervals	7-8	Hard	Fast and repeatable. Do not turn the first repetition into a race.
Strides	7-8	Fast + relaxed	Short accelerations with smooth mechanics; full control throughout.

BEFORE QUALITY SESSIONS

Warm-up: 10-15 min easy running, dynamic mobility, then 3-4 short relaxed strides.

Cool-down: 8-15 min easy running or walking.

Interval recovery: easy jog or walk until breathing is controlled enough to repeat the effort with good form.

HOW TO ADJUST

If you currently run only 2-3 times per week, remove an easy run first. If you already run 5+ days per week, additional running should remain genuinely easy rather than adding more intensity.

Move days to fit your schedule, but avoid stacking hard sessions back-to-back. If pain changes your stride, worsens while running, or persists, stop and address it rather than forcing the plan.

THE 6-WEEK PLAN

Four runs each week. Keep the easy days easy so the quality days can actually be high quality.

WEEK 1

ESTABLISH THE RHYTHM

1	**EASY**	35 min easy + 4 x 15 sec strides
2	**INTERVALS**	6 x 2 min hard / 2 min easy jog
3	**EASY**	30-40 min easy
4	**LONG EASY**	50 min easy

WEEK 2

ADD CONTROLLED VOLUME

1	**EASY**	40 min easy + 4 x 15 sec strides
2	**THRESHOLD**	3 x 6 min comfortably hard / 2 min easy
3	**EASY**	30-40 min easy
4	**LONG EASY**	55 min easy

WEEK 3

BUILD 5K STRENGTH

1	**EASY**	40 min easy + 5 x 15 sec strides
2	**INTERVALS**	5 x 3 min at controlled 5K effort / 2 min easy
3	**EASY**	35 min easy
4	**LONG EASY**	60 min easy

THE 6-WEEK PLAN

WEEK 4

EXTEND THRESHOLD

1	**EASY**	40-45 min easy
2	**THRESHOLD**	2 x 10 min comfortably hard / 3 min easy
3	**EASY + STRIDES**	30-35 min easy + 6 x 15 sec strides
4	**LONG EASY**	60 min easy; final 10 min steady only if feeling good

WEEK 5

5K-SPECIFIC

1	**EASY**	35-40 min easy
2	**INTERVALS**	4 x 1,000 m at current 5K race effort/pace / 2-3 min easy jog
3	**EASY + STRIDES**	30-35 min easy + 4 x 15 sec strides
4	**THRESHOLD**	15 min continuous comfortably hard

WEEK 6

FRESHEN UP + RACE

1	**EASY**	30-35 min easy + 4 x 15 sec strides
2	PRE-RACE SPEED	6 x 1 min at 5K effort / 90 sec easy
3	**EASY**	20-30 min very easy
4	**5K**	Race or time trial - controlled first kilometre, then build

RACE DAY: CONTROL -> COMMIT

A well-paced 5K usually feels controlled early, demanding through the middle, and very hard late. Avoid spending the first kilometre proving how fit you are.

KM 1	**CONTROL**	Settle into rhythm. Resist an unnecessarily aggressive start.
KM 2-3	**RHYTHM**	Stay tall, relax the shoulders and keep the effort strong but controlled.
KM 4	**COMMIT**	Concentration matters now. Maintain form as discomfort rises.
KM 5	**COMPETE**	Increase effort progressively and use what remains over the closing 400-600 m.

5 RULES THAT MATTER

Keep easy days easy. More intensity is not automatically better training.

Protect consistency. One missed workout is less important than repeatedly training through excessive fatigue.

Strength can complement running. One or two short sessions per week can fit when recovery is adequate.

Sleep and fueling support adaptation. Quality work is easier to absorb when you arrive recovered and fueled.

Adapt the plan. Illness, pain, unusual fatigue and major life stress are valid reasons to modify a session.

IMPORTANT

This plan provides general educational information and is not individualized medical or coaching advice. Exercise carries risk. If you have an injury, medical condition, concerning symptoms, or uncertainty about whether this training is appropriate for you, seek guidance from a qualified healthcare professional.

TRAIN SMART. STAY CONSISTENT. LET FITNESS COMPOUND.

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