

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	20 min easy run	rest	20 min easy run	rest	20 min easy run	30 min easy run
Description		20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	30 minutes of easy running.
Coaches Tip		How fast is easy running? An easy run is moving along at a pace where you could hold a short conversation with someone running next to you.				At this stage the key is to get into a routine of training. Try to stick to the plan as much as possible, but it's fine to switch days around to fit in with your lifestyle.	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	20 min easy run	rest	4 x 3 min @ 5k pace; 2 mins jog / walk recovery	rest	20 min easy run	30 min easy run
Description		20 minutes of easy running.		4 x 3 min @ 5k pace; 2 mins jog / walk recovery (3 minutes at your 5k pace followed by 2 minutes jog/walk to recover, repeated 4 times.)		20 minutes of easy running.	30 minutes of easy running.
Coaches Tip				Interval training involves alternating periods of high-intensity effort with periods of low-intensity effort, which is called the recovery. In this case the 3mins are the higher intensity periods and the 2mins the recovery.			

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	25 min easy run	rest	2 x 8 min @ 10k goal pace; 5 mins walk / jog recovery	rest	20 min easy run	30 min easy run
Description		25 minutes of easy running.		2 x 8 min @ 10k goal pace; 5 mins walk / jog recovery (8 minutes at your 10k goal pace followed by 5 minutes jog/walk to recover, repeated 2 times.)		20 minutes of easy running.	30 minutes of easy running.
Coaches Tip				10k pace training is essential even when training for a 5k to improve endurance and making your body stronger for the 5k distance.			Easy runs are a great way to build aerobic strength, which is the foundation for your best performances from 5k to the marathon, while also serving as active recovery following harder sessions.

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	30 min easy run	rest	15 mins steady with 10 mins warm up & warm down	rest	20 min easy run	45 min easy run
Description		30 minutes of easy running.		15 minutes of steady running, with 10 minutes warm up and 10 minutes warm down.		20 minutes of easy running.	45 minutes of easy running.
Coaches Tip				Make sure you warm-up prior to interval sessions and races. The warm-up prepares the body for activity, as well as helping to prevent injury to muscles, which can be more susceptible to injury when cold.			

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------	--------	---------	-----------	----------	--------	----------	--------

Activity	rest	30 min easy run	rest	5 x 2 mins @ 5k pace; 90 secs jog / walk recovery	rest	25 min easy run	50 min easy run
Description		30 minutes of easy running.		5 x 2 mins @ 5k pace; 90 secs jog / walk recovery (3 minutes at your 5k pace followed by 90 seconds jog/walk to recover, repeated 5 times.)		25 minutes of easy running.	50 minutes of easy running.
Coaches Tip				Due to the principle of specific adaption, the closer you can perform exercise that mimics the exact demands you're training for, the better you'll become at that specific exercise. That's why race pace training is vital.			Wearing the right running shoes can help with comfort and injury prevention. A specialist running store can advise you on the right running shoes for your foot type and running style.

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	30 min easy run	rest	30 min easy run	rest	10 min easy run	40 min easy run
Description		30 minutes of easy running.		30 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.
Coaches Tip							Recovery is key to ensure training adaptations and prevent injuries associated with over use. Therefore after today's run rest is important to ensure training adaptations occur.

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	30 min easy run	rest	10 x 1 min @ 5k pace; 1 min jog / walk recovery	rest	25 min easy run	50 min easy run
Description		30 minutes of easy running.		10 x 1 min @ 5k pace; 1 min jog / walk recovery (1 minute at your 5k pace followed by 1 minute jog/walk to recover, repeated 10 times.)		25 minutes of easy running.	50 minutes of easy running.
Coaches Tip				Speedwork doesn't just make you run faster. It makes you fitter, increases the range of movement in your joints, makes you more comfortable at all speeds, and it will ultimately help you to run harder for longer.			

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	30 min easy run	rest	4 x 5 min @ 10k goal pace; 2.5 mins walk/jog recovery	rest	25 min easy run	50 min easy run
Description		30 minutes of easy running.		4 x 5 min @ 10k goal pace; 2.5 mins walk/jog recovery (5 minutes at your 10k goal pace followed by 2 and a half minutes jog/walk to recover, repeated 4 times.)		25 minutes of easy running.	50 minutes of easy running.

<i>Coaches Tip</i>				As the volume of your training increases, remember to keep your energy levels up by eating well and getting a good night's sleep when you can.			If you run on roads, make sure you're running in the opposite direction of cars. You'll be much safer if you can see cars coming at you rather than having them at your back.
--------------------	--	--	--	--	--	--	---

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	30 min easy run	rest	20 min steady run	rest	30 min easy run	40 min easy run
Description		30 minutes of easy running.		20 minutes of steady running.		30 minutes of easy running.	40 minutes of easy running.
<i>Coaches Tip</i>				A steady paced run should be comfortably hard, faster than an easy run but not as fast as interval or tempo work.			Try to keep your hands at waist level, right about where they might lightly brush your hip. Your arms should be at a 90 degree angle, with your elbows at your sides. Keep your posture straight and erect. Your head should be up, your back straight, and shoulders level.

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	30 min easy run	rest	5 x 3 mins @ alternate 10k and 5k pace; 2.5 mins walk/jog recovery	rest	30 min easy run	40 min easy run
Description		30 minutes of easy running.		5 x 3 mins @ alternate 10k and 5k pace; 2.5 mins walk/jog recovery (3 minutes effort followed by 2 and a half minute jog/walk to recover, repeated 5 times. Alternate the speed of each effort, between your 10k and 5k pace)		30 minutes of easy running.	40 minutes of easy running.
<i>Coaches Tip</i>				Running the whole of a session at 5k goal pace can sometimes be very difficult so by adding 10k work we can maintain volume making sure that the session prepares you for the race while making sure it's not too challenging.			

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	30 min easy run	rest	30 min steady run	rest	rest	35 min easy run
Description		30 minutes of easy running.		30 minutes of steady running.			35 minutes of easy running.
<i>Coaches Tip</i>				Replenish fluids immediately after a run			You can't gain by training hard in the last week so the key is to stay fresh and get ready for event day.

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	rest	rest	10 min easy run	GREAT TEAM RELAY	rest	rest	VISIT GREATRUN.ORG TO FIND YOUR NEXT CHALLENGE!
Description			10 minutes of easy running.	GOOD LUCK!			
Coaches Tip			<i>A short run the day before the race will not tire you out or negatively impact your performance in any way. It helps by getting the muscles loose and the body prepared to run hard the following day.</i>	<i>Remember, don't go off too fast, pace yourself and be proud of your achievements so far and enjoy your big day!</i>			