

SAMPLE 8 WEEK 5K IMPROVEMENT PLAN for a beginner runner, training 3 times per week

■ Easy Run
 ■ Intervals
 ■ Tempo
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	3.2km Drop Set	Rest	3km 3km Easy Run	Rest	5km 5km Long Run	Rest
WEEK 2	Rest	3km Half Easy Half Tempo	Rest	4km 4km Easy Run	Rest	6km 6km Long Run	Rest
WEEK 3	Rest	5.2km Broken Miles	Rest	3km 3km Easy Run	Rest	7km 7km Long Run	Rest
WEEK 4	Rest	3.1km Progressive Mile Repeats	Rest	3km 3km Easy Run	Rest	4km 4km Long Run	Rest
WEEK 5	Rest	5km Varied Tempo 2kms	Rest	4km 4km Easy Run	Rest	8km 8km Long Run	Rest
WEEK 6	Rest	5.5km Pyramid Intervals	Rest	5km 5km Easy Run	Rest	8km 8km Long Run	Rest
WEEK 7	Rest	5.2km 800m into 400m Intervals	Rest	3km 3km Easy Run	Rest	7km 7km Long Run	Rest
WEEK 8	3km 3km Easy Run	Rest	5km Taper Up & Overs	Rest	Rest	Rest	5km 5km Race