

5K TRAINING PLAN

Created by Phily Bowden

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	35 mins EZ	15 WU 4 X 400M (90) 4 X 200M (60) 15 CD	REST DAY	35 EZ	35 EZ	REST DAY	40 -50 EZ
WEEK 2	35 mins EZ	10 EZ 20 TEMPO 10 EZ	REST DAY	35 EZ	35 EZ 4 X 100M Strides (Walk back)	REST DAY	40 -50 EZ
WEEK 3	40 mins EZ	15 WU 2 X 600M (90) 4 X 400M (90) 2 X 200M (60) 15 CD	REST DAY	35 EZ	35 EZ	REST DAY	40 -50 EZ
WEEK 4	40 mins EZ	10 EZ 25 TEMPO 10 EZ	REST DAY	40 EZ	35 EZ 4 X 100M Strides (Walk back)	REST DAY	15 WU 5K EFFORT 15 CD
WEEK 5	40 mins EZ	15 WU 4 X 600M (90) 4 X 400M(90) 15 CD	REST DAY	40 EZ	40 EZ	REST DAY	45 - 55 EZ
WEEK 6	40 mins EZ	10 EZ 30 TEMPO 10 EZ	REST DAY	40 EZ	40 EZ 4 X 100M Strides (Walk back)	REST DAY	50 - 60 EZ
WEEK 7	40 mins EZ	15 WU 2 X 800M (90) 2 X 600M (90) 4 X 400M (90) 15 CD	REST DAY	40 EZ	40 EZ	REST DAY	50 - 60 EZ
WEEK 8	40 mins EZ	10 EZ 20 TEMPO 10 EZ	REST DAY	30 EZ	15 EZ Or Rest Day	REST DAY Or 15 EZ	15 WU 5K RACE 15 CD

KEY

EZ = Easy – Conversational pace
() = Recovery, in seconds – walk or slow jog
CD = Cool down – jog
WU = Warm up - jog

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