# 18 Minute 5k Plan

## How to use this programme

This is a six-week programme for runners aiming to complete 5k in 18 minutes. The plan has been set out with three key sessions per week, one long run and two short runs. Run Leaders may like to facilitate the key sessions for their group on regular training nights (which should have at least one day in between) and prescribe the short runs to be carried out individually on two other days. The group may also meet for the long run or it could be done individually. The programme provides six days of running. The other day should be used for cross training or recovery depending on time and levels of fitness and fatigue.

## Key Pacing Information

5km Race Pace (5KP): 5:49 min per mile
Slow/Easy run: 7 - 8 min per mile (6 Rate Perceived Exertion [RPE])
Interval Sessions – 8/9 RPE

## Structure of Interval Session

RAMP Warm Up
1 Mile Jog
Session
1 Mile Easy Run
Static Stretching

## Interval Session Info

Intervals can be run on a track, the road or grass where the surface is even. Recovery should be taken with an easy run or walk.

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Week 1 | Short Run 40-45 mins easy | 12 X 400m fast Recovery - 2 mins between each rep | Short Run- 40-45mins easy | 3 X 5 mins fast Recovery - 3 mins between each rep | Recovery | 2 X (8 X 200m) fast with 2 mins between each rep and 5 mins between the sets | Long Run- 75 mins easy |
| Week 2 | Short Run 40-45 mins easy | 12 X 400m fast Recovery - 2 mins between each rep | Short Run- 40-45mins easy | 10 X 40 secs uphill fast Recovery - relaxed run back down the hill | Recovery | 6 X 300m fast Recovery - 2 mins between | Long Run- 75 mins easy |
| Week 3 | Short Run 40-45 mins easy | 2 X (8 X 200m) fast with 2 mins between each rep and 5 mins | Short Run- 40-45mins easy | 3 X 5 mins fast Recovery - 3 mins between each rep | Recovery | 4 X 800m fast + 4 X 400m faster Recovery - 3 mins after each rep | Long Run- 75 mins easy |

| | | recovery between sets | | | | | |
|---|---|---|---|---|---|---|---|
| Week 4 | Short Run 40-45 mins easy | 4 X 1km fast Recovery 3 mins between each rep | Short Run- 40-45mins easy | 10 X 40 secs uphill fast Recovery relaxed run back down the hill | Recovery | 6 X 300m fast Recovery 2 mins between each rep | Long Run- 75 mins easy |
| Week 5 | Short Run 40-45 mins easy | 2 X (8 X 200m) fast with 2 mins between each rep and 5 mins recovery between sets | Short Run- 40-45mins easy | 3 X 5 mins fast with 3 mins between each rep | Recovery | 4 X 800m fast and 4 X 400m faster with 3 mins between each rep | Long Run- 75 mins easy |
| Week 6 | Short Run 40-45 mins easy | 4 X 1km fast Recovery - 3 mins between each rep | Short Run- 40-45mins easy | 5 X 600m fast + 5 X 300m faster Recovery - 2 mins between each rep | Recovery | 20 mins easy | **RACE** |