25 Minute 5k Plan

How to use this programme

This is a ten-week programme for runners aiming to complete 5k in 25 minutes. The plan has been set out with two 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 five days of running. The other two days should be used for cross training or recovery depending on time and levels of fitness.

Key Pacing Information

5km Race Pace (5KP): ~8 min per mile
Slow/Easy run: 10 min per mile (6 Rate Perceived Exertion [RPE])
Interval Sessions – 8/9 RPE
Tempo Sessions – 7/8 RPE

Structure of Interval Session

RAMP Warm Up
1 Mile Easy Run
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.

	Key Session 1	Key Session 2	Short Run 1	Short Run 2	Long Run
Week 1	1k x4 90sec rec	Tempo 10min x2 3 min rec	3 miles	3 miles	6 miles
Week 2	400mx10 or 2min x10 with 90sec rec	20 min tempo	3 miles	3 miles	6 miles
Week 3	1min x10 30sec rec	2k x3 3min rec	3 miles	3 miles	6 miles
Week 4	1k x4 @ 5K pace 90sec rec	25min tempo	4 miles	3 miles	6 miles

Week 5	200m x10 or 1min x10 60sec rec	25min tempo	4 miles	3miles	6 miles
Week 6	400m x10 or 2min x10 90sec rec	2k x2 3min rec	4 miles	3 miles	7 miles
Week 7	1min hard, 3min easy x10	15min x2 3min rec	5 miles	3 miles	7 miles
Week 8	600m x 8 or 3min x 8 90sec rec	30min tempo	5 miles	3 miles	8 miles
Week 9	400m x 10 or 2min x10 60sec rec	30min tempo	4 miles	3 miles	6 miles
Week 10	1k x 4 2min rec	200m x6 60 sec rec	3 miles	20min followed by 6 strides	**RACE**

Key:

Interval (8/9 RPE) ▥   Tempo (7/8 RPE) ▮   EASY RUN (6 RPE)