30 Minute 5k Plan

How to use this programme

This is a 10-week programme for runners aiming to complete 5k in 30 minutes. The plan has been set out with two key sessions per week, one long run and one short run and an option for another short run or cross training session. Days can be switched around and Run Leaders may like to facilitate the key sessions for their group on their regular training nights and so change them from Tuesday/Thursday to Monday/Wednesday, for example and prescribe the short run to be carried out individually on another day. The group may also meet for the long run or it could be done individually. The programme provides four days of running. The other three days should be used for recovery.

Key Pacing Information

10km Race Pace (10KP): 9:39 min per mile
Slow/Easy run: at or slower than 10 min per mile (6 Rate Perceived Exertion [RPE])
Interval Sessions – 8/9 RPE
Tempo Session – 7/8 RPE

Structure of Interval Session

RAMP Warm Up including a 5minute easy run
Session
5 minutes easy running
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.

Tempo Session

As the tempo is quite short on this plan, a longer warm up and cooldown run of 1 mile or 10 mins would be recommeneded. After this, there can also be more emphasize on warm up drills. Use this time to observe how the individuals in your group move while performing the drills, it is the perfect opporqtunity to obseve their balance, co- ordination and posture. Suggested drills to incorperate in your warm up would be easy skip, squat, single leg squat, walking lunges, A march progressing to A switch then A skip. Dribbles(over ankle, calf, knee then progressing onto blended) If you would like anymore information about these drills please contact one of the RunNI support coaches, who can arrange a visit with demonstration.

	Key Session 1 Intervals	Key Session 2 Drills and Tempo	Short Run 1	Optional Short Run 2	Long Run
Week 1	4 min x 3 2 min recovery	6 min tempo	3 miles	3 miles or cross train	4 Miles
Week 2	2min x 6 90sec recovery	8 min tempo	3 miles	3 miles or cross train	4 miles

	Interval (8/9 RPE)	Tempo (7/8 RPE)	Easy Run (6 RPE)		Easy Run (6 RPE)	
Week 3	1min x 8 45sec recovery	8 min tempo	3 miles		3 miles or cross train	4 miles
Week 4	4 min x 4 2 min recovery	10min tempo	3 miles		3 miles or cross train	5 miles
Week 5	3 min x 5 90 sec recovery	10min tempo	3 miles		3 miles or cross train	5 miles
Week 6	5 min x 3 2 min recovery	12 min tempo	4 miles		3 miles or cross train	5 miles
Week 7	2 min x 8 90 sec recovery	14min tempo	4 miles		3 miles or cross train	6 miles
Week 8	1k x4 @ 5k pace	14 min tempo	4 miles		3 miles or cross train	6 miles
Week 9	3 min x 6 90 sec recovery	16 min tempo	4 miles		3 miles or cross train	4 miles
Week 10	1min x8 45 sec recovery	12 min tempo	20 mins followed by 6 strides 70% x2 80% x2 90% x2 Either one day out from race or day before. If doing it one day out take day before race as a recovery day		Recovery	**RACE DAY**

Key:

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

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