



5km & 10km 12 Week Training Program

Don't forget your warm up and cool down! Check out our Warm Up and Cool Down guide for more information.

Warm Up: Begin each session with 10-12 mins of light to moderate intensity activity. For example, walk briskly for two minutes, then increase to a light jog for 10 minutes. You can include some dynamic stretching.

Cool Down: Each session should finish with a cool down of 5 minutes jogging. Don't forget to stretch before and after the session.

Week 1			
Day 1	Day 2	Day 3	Day 4
3.5 M at E	3M at E	3.5M at ME (Ae)	5x800m@ ME (Ae, An) Recovery: 3 min jog between reps
Week 2			
Day 1	Day 2	Day 3	Day 4
4M at E	4 x 1200m at E Recovery: 3:30 mins jog between reps	4M at ME (Ae)	10 min run for distance (Ae, An) Measure to meter and calculate pace per 1600m
Week 3			
Day 1	Day 2	Day 3	Day 4
4.5M at E (Ae)	2 x (4x400m) at (An) 400m jog between each 400m Jog 800m between sets	3M at RE	2M time trial at ME
Week 4			
Day 1	Day 2	Day 3	Day 4
4M at RE (Ae)	3x1200m at 10km pace (Ae) Rest: Jog 800m between efforts	4.5M at RE (Ae)	2x(4x400m) at 5km pace (An) 400m jog between each 400m Jog 800m between sets
Week 5			
Day 1	Day 2	Day 3	Day 4
4x200m at 5km pace Jog 2 x 800m	3M hills at ME (Ae) Run up hard, easy down	4M at RE	5km Race/Time Trial at ME
Week 6			
Day 1	Day 2	Day 3	Day 4
1M at RE 2M at E 1M RE (Ae, An)	Run in hills at ME (Ae) Run up hard, easy down	2x200m at 5km pace Jog 200m between efforts Jog 800m 4x200m at 10km pace Jog 200m between efforts Jog 800m REPEAT (An)	3km Race/Time Trial at ME
Week 7 and Week 8			
Day 1	Day 2	Day 3	Day 4
4 x 400m at 5km pace Jog 400m between efforts Jog 800m 4x200m (2 sets) Jog 200m between efforts Jog 400m between sets	3M at RE (Ae)	20 mins at RE 20 mins at E (Ae, An)	10km run at ME
Week 9			
Day 1	Day 2	Day 3	Day 4
4x400m at 5km pace Jog 400m between efforts Jog 800m 4x200m (2sets) Jog 200m between efforts Jog 400m between sets	4M at RE (Ae)	3M hills (Ae)	3x1M at 10km pace Rest: Jog 5min
Week 10 (Repeat Week 7)			
Week 11			
Day 1	Day 2	Day 3	Day 4
5x800m Run 1 st 400m at 5km pace Run 2 nd 400m at 10km pace Rest: Jog 3mins (Ae, An)	6x1000m at 10km pace Rest: Jog 3 mins	2M Easy 4x400m at 5km pace Jog 200m between efforts	10km Race at ME
Week 12			
Day 1	Day 2	Day 3	Day 4
2M Easy 6x400m at 5km pace Jog 400m between efforts	2M Easy 5x400m at 5km pace Rest: Jog 3 mins (Ae, An)	2M Easy 4x400m at 5km pace Jog 3min between efforts	Championship Race at ME