

Gulu City Marathon – 5K Training Plan

Start Date: Monday 13th October 2025
Race Day: Saturday 6th December 2025

Duration: 8 Weeks



Pacing Guidelines

- **Easy (E):** 7:00–7:30 min/km (relaxed, conversational)
- **Tempo (T):** 6:00–6:20 min/km (comfortably hard)
- **5K Race Pace:** 5:00–5:15 min/km (strong effort, short phases only)
- **Strides:** 20 sec @ ~4:30 min/km, full recovery
- **Strength Training:** bodyweight/core (planks, squats, lunges, push-ups)

Week	Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wk 1	<i>Beginner</i>	Rest / Strength	Run-walk 2 km (1 min jog @ 7:30/km / 1 min walk)	Rest	2 km jog (E)	Rest / Strength	3 km jog (E)	20–30 min brisk walk
Wk 2	<i>Experienced</i>	Rest / Strength	6 × 400m @ 5:10/km, jog 200m rest	4 km (E)	3 km tempo (T)	Rest / Strength	6 km (E)	3 km (E)
	<i>Beginner</i>	Rest / Strength	2.5 km jog (E)	Rest	3 km jog (E)	Rest / Strength	4 km jog (E)	2 km jog (E)
Wk 3	<i>Experienced</i>	Rest / Strength	8 × 400m @ 5:05/km, jog 200m rest	4 km (E)	4 km tempo (T)	Rest / Strength	7 km (E)	3 km jog
	<i>Beginner</i>	Rest / Strength	3 km jog (E)	Rest	4 × 2 min jog (E) / 1 min walk	Rest / Strength	5 km jog (E)	2 km jog
Wk 4	<i>Experienced</i>	Rest / Strength	5 × 600m @ 5:15/km, jog 300m rest	5 km (E)	Hills: 8 × 45 sec hard (~5:00/km effort), jog down	Rest / Strength	8 km (E)	4 km jog
	<i>Beginner</i>	Rest / Strength	3.5 km jog (E)	Rest	4 km jog (E)	Rest / Strength	5.5 km jog (E)	2 km jog
Wk 5	<i>Experienced</i>	Rest / Strength	6 × 800m @ 5:10/km, jog 400m rest	5 km (E)	4–5 km tempo (T 6:00–6:10/km)	Rest / Strength	9 km (E)	3 km jog
	<i>Beginner</i>	Rest / Strength	4 km jog (E)	Rest	5 × 1 min brisk (~5:15/km) / 90 sec walk	Rest / Strength	6 km jog (E)	2 km jog
Wk 6	<i>Experienced</i>	Rest / Strength	8 × 400m @ 5:00/km, jog 200m rest	5 km (E)	5 km tempo (T ~6:05/km)	Rest / Strength	10 km (E)	4 km jog
	<i>Beginner</i>	Rest / Strength	4.5 km jog (E)	Rest	3 km jog (E)	Rest / Strength	6.5 km jog (E)	2–3 km jog
Wk 7	<i>Experienced</i>	Rest / Strength	5 × 1 km @ 10K pace (~5:30/km), 2 min jog rest	6 km (E)	Hills: 10 × 45 sec hard (~5:00/km effort)	Rest / Strength	11 km (E)	4 km jog
	<i>Beginner</i>	Rest / Strength	3.5 km jog (E)	Rest	2 km jog (E)	Rest / Strength	4 km jog (E)	Rest
Wk 8	<i>Experienced</i>	Rest / Strength	6 × 400m @ 5:00/km, jog 200m rest	5 km (E)	3 km tempo (T ~6:10/km)	Rest / Strength	8 km (E)	Rest
	<i>Beginner</i>	Rest / Strength	2 km jog (E)	Rest	10–15 min jog (E)	Rest / Strength	RACE DAY	Rest
	<i>Experienced</i>	Rest / Strength	2 km jog (E) + 4 strides (20 sec @ 4:30/km)	Rest	10–15 min jog (E)	Rest / Strength	RACE DAY	Rest