



5K TRAINING PROGRAMME - 8 WEEKS

Race Day: Saturday, 5 December 2026
 4 running days per week | 3 rest days | Social and recreational runner programme

INDICATIVE PACE GUIDE

Group	5K Target	Recovery (min/km)	Easy/LSD (min/km)	Tempo (min/km)	5K Race Pace (min/km)	Hills	Intervals (min/km)
G1	Sub 40:00	9:15-10:00	8:40-9:30	8:15-8:30	8:00	RPE 7-8	7:35-7:50
G2	Sub 35:00	8:15-9:00	7:40-8:30	7:15-7:30	7:00	RPE 7-8	6:35-6:50
G3	Sub 30:00	7:15-8:00	6:40-7:30	6:15-6:30	6:00	RPE 7-8	5:35-5:50
G4	Sub 27:30	6:45-7:30	6:10-7:00	5:45-6:00	5:30	RPE 7-8	5:05-5:20
G5	Sub 25:00	6:15-7:00	5:40-6:30	5:15-5:30	5:00	RPE 7-8	4:35-4:50
G6	Sub 22:30	5:45-6:30	5:10-6:00	4:45-5:00	4:30	RPE 7-8	4:05-4:20
G7	Sub 20:00	5:15-6:00	4:40-5:30	4:15-4:30	4:00	RPE 7-8	3:35-3:50

Pace use: Select the group closest to your current fitness; these are indicative training ranges.

Hills: Run by effort (RPE 7-8/10), strong and controlled; jog easily back down.

Easy/LSD & Recovery: Keep conversational; slow down for heat, hills, fatigue or difficult terrain.



5K TRAINING PLAN - 12 OCTOBER TO 6 DECEMBER 2026

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
W1 12-18 Oct	Rest	10 WU + 6 x (1 min H + Jog Down) + 10 WD	35 min E	10 WU + 3 x (5 min T + 2 min Rec) + 10 WD	Rest	50 min LSD	Rest
W2 19-25 Oct	Rest	10 WU + 8 x (1 min H + Jog Down) + 10 WD	40 min E	10 WU + 3 x (6 min T + 2 min Rec) + 10 WD	Rest	55 min LSD	Rest
W3 26 Oct-1 Nov	Rest	15 WU + 6 x (400m I + 200m Rec) + 10 WD	40 min E	10 WU + 20 min T + 10 WD	Rest	60 min LSD	Rest
W4 2-8 Nov DELOAD	Rest	30 min E + 6 x 20 sec Strides	30 min E	10 WU + 3 x (4 min T + 2 min Rec) + 10 WD	Rest	45 min LSD	Rest
W5 9-15 Nov	Rest	15 WU + 6 x (600m I + 300m Rec) + 10 WD	40 min E	15 WU + 3 x (1 km RP + 2 min Rec) + 10 WD	Rest	60 min LSD	Rest
W6 16-22 Nov	Rest	15 WU + 5 x (800m I + 400m Rec) + 10 WD	40 min E	15 WU + 4 x (1 km RP + 2 min Rec) + 10 WD	Rest	65 min LSD	Rest
W7 23-29 Nov	Rest	15 WU + 6 x (400m I + 200m Rec) + 10 WD	35 min E	15 WU + 3 km RP + 10 WD	Rest	45 min LSD	Rest
W8 30 Nov-6 Dec RACE	Rest	25 min E + 4 x 20 sec Strides	Rest	15 min E + 3 x (1 min RP + 2 min E Rec)	Rest	5K RACE Sat 5 Dec	Rest

Abbreviations: WU = Warm-up | WD = Warm-down | E = Easy | LSD = Long Slow Distance | Rec = Recovery | T = Tempo | RP = 5K Race Pace | H = Hills | I = Intervals | RPE = Rate of Perceived Exertion

Runner Notes: Rest means rest; do not carry missed mileage forward. Quality sessions should be controlled, not raced. Complete WU and WD. If significantly fatigued, replace quality with Easy or Rest. Race week includes four Rest days to maximise freshness.