**18 Minute 5k Plan**

**How to use this programme**

This is a six-week programme for runners aiming to complete 5k in 18 minutes. The plan has been set out with three 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 six days of running. The other day should be used for cross training or recovery depending on time and levels of fitness and fatigue.

**Key Pacing Information**

5km Race Pace (5KP): 5:49 min per mile

Slow/Easy run: 7 - 8 min per mile (6 Rate Perceived Exertion [RPE])

Interval Sessions – 8/9 RPE

**Structure of Interval / at or quicker than 5k Pace 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.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Week one | | | | | | |
| Short Run | Key Session 1 | Short Run | Key session 2 | Recovery | Key Session 3 | Long Run |
| 40 - 45 mins easy | 12 X 400m fast  Recovery - 2 mins between each rep | 40 - 45 mins E | 3 X 5 mins fast  Recovery - 3 mins between each rep |  | 2 X (8 X 200m) fast with 2 mins between each rep and 5 mins between the sets | 75 mins easy |
| Week 2 | | | | | | |
| Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| 40 - 45 mins easy | 12 X 400m fast Recovery - 2 mins between each rep | 40 - 45 mins E | 10 X 40 secs uphill fast Recovery - relaxed run back down the hill |  | 6 X 300m fast  Recovery - 2 mins between each rep | 75 mins easy |
| Week 3 | | | | | | |
| Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| 40 - 45 mins easy | 2 X (8 X 200m) fast with 2 mins between each rep and 5 mins recovery between sets | 40 - 45 mins E | 3 X 5 mins fast  Recovery - 3 mins betweeen each rep |  | 4 X 800m fast + 4 X 400m faster  Recovery - 3 mins after each rep | 60 mins easy |
| Week 4 | | | | | | |
| Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| 40 - 45 mins easy | 4 X 1km fast  Recovery 3 mins between each rep | 40 - 45 mins easy | 10 X 40 secs uphill fast  Recovery relaxed run back down the hill |  | 6 X 300m fast  Recovery 2 mins between each rep | 75 mins easy |
| Week 5 | | | | | | |
| Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| 40 - 45 mins E | 2 X (8 X 200m) fast with 2 mins between each rep and 5 mins recovery between sets | 40 - 45 mins E | 3 X 5 mins fast with 3 mins between each rep |  | 4 X 800m fast and 4 X 400m faster with 3 mins between each rep | 60 mins easy |
| Week 6 | | | | | | |
| Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| 40 - 45 mins E | 4 X 1km fast  Recovery - 3 mins between each rep | 40 - 45 mins E | 5 X 600m fast + 5 X 300m faster  Recovery - 2 mins between each rep | R | 20 mins easy | RACE DAY |