****

**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**  | **Structure of Interval Session** |
| 10km Race Pace (10KP): 9:39 min per mileSlow/Easy run: at or slower than 10 min per mile (6 Rate Perceived Exertion [RPE])Interval Sessions – 8/9 RPETempo Session – 7/8 RPE  | RAMP Warm Up including a 5minute easy run Session5 minutes easy runningStatic 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Key Session 1**  | **Key Session 2**  | **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  |
| 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 x845 sec recovery | 12 min tempo | 20 mins followed by 6 strides70% x280% x290% x2Either 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)