

## 5 KM TRAINING

There are two types of programs included on this site:

- a beginner's program, and
- a 5 km running program.

Each program is for 12 weeks

The **beginner's program** is designed to prepare you to start jogging if you are not a runner at present. By the time you have finished this program, you should be able to jog all the way for the 5 km fun run.

[Click here to go to the beginner's program.](#)



The **5 km running program** is designed to prepare you to complete the fun run at a faster pace than you have run a 5 km event before. You need to be jogging at least 25 km a week before starting this program. [Click here to go to the 5 km running program.](#)

Click [here](#) for some **training tips**.

Please read the following disclaimer before starting either training program.

### **Disclaimer**

*The ideas, procedures, and suggestions on this site are not intended to be a substitute for medical or other professional advice applicable to specific individuals and their medical/physical needs and capabilities. As with any activity program, yours should not be undertaken before receiving specific medical advice from a qualified physician and be both prepared and undertaken in consultation with a physician or other competent medical and/or fitness industry professional, relevant to your particular circumstances.*

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## TRAINING TIPS

### Hydration

Drink plenty of fluids during and after your training runs, particularly the longer runs – practice drinking on the run so that you are comfortable drinking during the fun run.

### Food

Eat or drink carbohydrates to increase blood glucose levels within 10 to 30 min of finishing any run longer than 1 hour. Consuming a little protein (a ratio of 20% protein to 80% carbohydrate) at the same time will aid recovery.

### Chafing and Blisters

Avoid chafing and blisters the day of the fun run by wearing the same style of clothing and footwear (including socks) on fun run day that you have been wearing for training – don't wear brand new shoes on fun run day. Applying Vaseline (or other chafing prevention product) to likely chaffing areas may help.

### Missing Days and Weeks

If you miss a day because of illness, injury, family, work or social commitments, don't attempt to make up for it by cramming in an extra training period. Rather, continue with your program and disregard the lost day. If you miss a week or more, or if you feel that you need to take things a little slower, go back to the previous week and start over. Move ahead only when you feel you're ready.

### Heart Rate Monitors

Heart rate monitors are a useful means of determining your training intensity and recording your daily training, but they are not a critical requirement for any runner.

### Injuries and Pain

Learn to differentiate between fatigue and injury pain. Fatigue is an overall feeling of tiredness that sweeps your legs or your entire body. Injury pain is more specific, and can occur during or after a run. Learn to recognize injury pain, and stop running (and training, if need be) as soon as a pain causes you to change your running form or limp. If you try and run through an injury, you may increase the number of lost training days. It is far better to walk home and nurse your injury, rather than to 'finish this run' and then develop a debilitating injury that stops you from training for several (or more) weeks.

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## BEGINNER'S PROGRAM

### When to Walk and When to Jog

Where the program includes 'jog and/or walk', you can jog all the way, or walk all the way, or jog and walk whenever you feel the need. Knowing when to walk and when to jog can be tricky. To improve your jogging ability, jog until you feel a little discomfort, then push another 30 seconds before starting to walk. When you are walking, push the pace a little rather than strolling, and start jogging again as soon as you feel up to it.

Where the program includes 'jog' (only), you should be attempting to jog the full session without walking. You can still walk as necessary, but try and progressively reduce the time spent walking. If you are unable to jog continuously by the end of the base building program, you can expect to have to walk at some stages during the 5 km fun run.



### Weekly Program

Week	Mon	Tuesday	Wed	Thursday	Fri	Saturday	Sun	Total time	Remarks
1	Rest	Jog and/or walk for 15 min	Rest	Jog and/or walk for 15 min	Rest	Jog and/or walk for 20 min	Rest	50 min	
2	Rest	Jog and/or walk for 20 min	Rest	Jog and/or walk for 15 min	Rest	Jog and/or walk for 20 min	Rest	55 min	
3	Rest	Jog and/or walk for 20 min	Rest	Jog and/or walk for 20 min	Rest	Jog and/or walk for 20 min	Rest	60 min	
4	Rest	Jog and/or walk for 25 min	Rest	Jog and/or walk for 20 min	Rest	Jog 20 min	Rest	65 min	<b>Great progress! Jogging for 20 min!</b>
5	Rest	Jog and/or walk for 30 min	Rest	Jog and/or walk for 20 min	Rest	Jog 20 min	Rest	70 min	
6	Rest	Jog and/or walk for 30 min	Rest	Jog and/or walk for 30 min	Rest	Jog 20 min	Rest	80 min	
7	Rest	Jog and/or walk for 35 min	Rest	Jog and/or walk for 30 min	Rest	Jog 25 min	Rest	90 min	
8	Rest	Jog and/or walk for 35 min	Rest	Jog and/or walk for 35 min	Rest	Jog 25 min	Rest	95 min	
9	Rest	Jog and/or walk for 50 min	Rest	Jog and/or walk for 30 min	Rest	Jog 30 min	Rest	110 min	<b>That's double your Week 1 distance!</b>
10	Rest	Jog and/or walk for 50 min	Rest	Jog and/or walk for 35 min	Rest	Jog 35 min	Rest	120 min	
11	Rest	Jog and/or walk for 60 min	Rest	Jog 30 min	Rest	Jog 40 min	Rest	130 min	
12	Rest	Jog and/or walk for 60 min	Rest	Jog 30 min	Rest	Jog 50 min (6 to 7 km)	Rest	140 min (about 20 km)	<b>Congratulations! You are ready to jog the 5 km fun run!</b>

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## 5 KM RUNNING PROGRAM

### How Fast Should You Run?

Unless stated otherwise, you should jog at a comfortable pace that you can maintain for the entire time shown for each run in the program i.e. 20 min means jog for 20 min.

### Hard Days

Hard days are highlighted in bold type in the program. Hard days are the key days for developing specific running abilities, so avoid missing them, although it may be tempting to do so!

### Definitions

Click any word in the program that is in italics to see its definition, or page down to the [definitions](#) page.



### 5 km Run Weekly Program

<i>Weeks to Go to Fun Run</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<i>Total Time</i>
11	Rest	25 min	<b>35 min <i>fartlek</i> including 3 x 7 min surges at <i>Tempo pace</i></b>	20 min	Rest	<b>55 min</b>	20 min	155 min
10	Rest	35 min	<b>35 min including 3 x <i>long hills</i> – with no rest at the start before each uphill jog</b>	20 min	Rest	<b>60 min</b>	20 km	170 min
9	Rest	35 min	<b>35 min including 20 min at <i>Tempo pace</i></b>	30 min	Rest	<b>60 min</b>	35 min	195 min
8	Rest	35 min	<b>35 min <i>fartlek</i> including 3 x 5 min surges at <i>Tempo pace</i></b>	35 min	35 min	Rest	<b><i>10 km race</i></b>	210 min
7	Rest	35 min	<b>40 min including 4 x <i>short hills</i> – with no rest at the start before each uphill run</b>	35 min	Rest	<b>70 min</b>	35 min	215 min
6	Rest	40 min	<b>40 min <i>fartlek</i> including 2 x 10 min surges at <i>Tempo pace</i></b>	35 min	Rest	<b>70 min</b>	35 min	220 min
5	Rest	40 min	<b>40 min <i>fartlek</i> including 3 x 5 min surges at <i>Tempo pace</i></b>	35 min	Rest	<b>70 min</b>	35 min	220 min
4	Rest	40 min	<b>35 min <i>fartlek</i> including 4 x 3 min surges at <i>Tempo pace</i></b>	40 min	35 min	Rest	<b><i>5 km race</i></b>	185 min
3	Rest	35 min	<b>40 min <i>fartlek</i> including 2 x 10 min surges at <i>Tempo pace</i></b>	30 min	Rest	<b>55 min</b>	25 min	185 min
2	Rest	35 min	<b>35 min <i>fartlek</i> including 4 x 3 min surges at <i>Tempo pace</i></b>	20 min	35 min	Rest	<b><i>5 km race</i></b>	160 min
1	Rest	35 min	<b>40 min <i>fartlek</i> including the following surges at <i>Tempo pace</i>: 1 x 10 min; 1 x 7 min; 1 x 6 min and 1 x 3 min</b>	20 min	Rest	40 min	20 min	155 min
Event	Rest	35 min	35 min	20 min	15 min	Rest	<b>5 km race</b>	140 min

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## DEFINITIONS

### Fartlek

Fartlek is a Swedish term that literally means 'speed play'. After you have run at least 2 km to warm up, run faster (this is called a speed 'surge') for the time shown in the program. After each speed surge, slow down to your original pace and jog for at least 3 min before you start the next surge. Once you have recovered from the extra exertion, repeat the speed surge until you have done the number of surges shown in the program. If you find that you cannot maintain the increased speed for each speed surge in a fartlek session, then you have been running the speed surges too fast. Fartlek should be fun, not tedious. Allow 1 to 2 km for a warm down at the end of the session.

### Tempo Pace

Tempo pace is a little faster than your jogging pace – you should be breathing a little heavier during a Tempo pace surge or run, but still able to hold a conversation between breaths. Ensure that you are able to **maintain control** for the complete distance of the Tempo pace surge or Tempo pace run. **Maintain control means: no flailing of arms or gasping for breath.** If you can't **maintain control**, you are running too fast.

### Hill Training

There are two types of hill training included in the program to improve your running form and strength:

- **Long hills** should be about 600m long and mildly steep. You should jog all the way up the hill without stopping and then jog or walk back down to the start. If you can't **maintain control** or have to start walking, slow down or look for a gentler hill. If you can't find a hill 400 to 600 m long, a series of (shorter) undulating hills will be OK. Ensure that you run all the way up the (shorter) hills, jog slowly down the other side, and continue jogging to the next hill without stopping or walking between hills. Always start and finish these sessions with a 10 min warm up / warm down jog.
- **Short hills** should be about 100m long and moderately steep – a little steeper than *long hills*. Run up the hill a little faster than jogging pace and jog back to the start. If you can't **maintain control** or have to start walking, slow down or look for a gentler hill. Always start and finish these sessions with a 10 min warm up / warm down jog.

### Races

The program includes 5 km and 10 km races as part of your training. It is best if you enter organized events for this training – check out [www.brisbaneroadrunners.org](http://www.brisbaneroadrunners.org) or [www.coolrunning.com.au](http://www.coolrunning.com.au) to find a suitable event. Try to maintain an even pace throughout these races; it is better to run the last half of a race a little faster than the first half. If you can, maintain tempo pace or faster all the way in the 5 km training races, and for the last half of the 10 km training race.

Click [here](#) to return to the 5 km running program