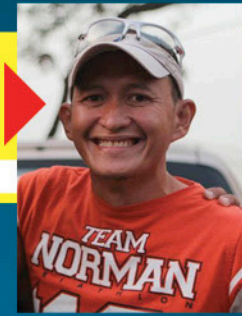




5K AND 10K TRAINING PLANS

by Coach Norman



5K BEGINNER'S TRAINING PLAN

FROM ZERO TO YOUR FIRST 4 WEEKS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY	WU: Walk 8mins, Jog 2mins Set: (Run 1 min, Walk 1min) x 3 Cooldown: 5 mins walk. Stretch.	WU: Walk 8mins, Jog 2mins Set: (Run 90sec, Walk 90sec) x 4 Cooldown: 10 mins walk	WU: Walk 8mins, Jog 2mins Set: (Run 2min, Walk 2 min) x 3 Cooldown: 5 mins walk. Stretch.	Rest
WEDNESDAY				
THURSDAY	WU: Walk 8mins, Jog 2mins Set: (Run 1 min, Walk 2 min) x 3 Cooldown: 5 mins walk. Stretch.	WU: Walk 8mins, Jog 2mins Set: (Run 90sec, Walk 90sec) x 4 Cooldown: 10 mins walk	WU: Walk 8mins, Jog 2mins Set: (Run 90sec, Walk 90sec) x 5 Cooldown: 10 mins walk	WU: Walk 8mins, Jog 2mins Set: (Run 1 min, Walk 1 min) x 5 Cooldown: 5 mins walk. Stretch.
FRIDAY				
SATURDAY OR SUNDAY	WU: Walk 10mins, Jog 5mins Set: (Run 1 min, Walk 2 min) x 5 Cooldown: 10 mins walk. Stretch.	WU: Walk 10mins Set: (Jog 3mins, walk 2 mins) x 4 Cooldown: 5mins walk. Stretch.	WU: Walk 10mins Set: Jog as long as you can. Rest by walking for 2 minutes. Do 3 to 5 sets of this. Cooldown: 5mins walk. Stretch.	WU: Walk 10mins Set: Jog as long as you can. Rest by walking for 2 minutes. Do 3 to 5 sets of this. Cooldown: 5mins walk. Stretch.

* run pace - find a run pace that is a little faster than your jog, but on a pace that you could finish the entire set.
** you can do cross-trainings like swimming, biking or gym strength trainings on non-run days.
*** if you are running on a Sunday, make your Monday as a rest day.

10K BEGINNER'S TRAINING PLAN

FROM YOUR FIRST 5K TO YOUR NEXT 10K

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY	Track Workout WU: 10mins jog Set: 6x400m, jog 200m in bet. 400s. Cooldown: 5 mins walk. Stretch.	Track Workout WU: 15mins jog Set 1: 2x400m, jog 200m in bet. 400s. Set 2: 3x800m, jog 200m in bet. 800s. Cooldown: 5 mins walk. Stretch.	Track Workout WU: 10mins jog Set: 6x400m, jog 200m in bet. 400s. Cooldown: 5 mins walk. Stretch.	Track Workout WU: 10mins jog Set: 6x400m, jog 200m in bet. 400s. Cooldown: 5 mins walk. Stretch.
WEDNESDAY	Cross-Trainings	Cross-Trainings	Cross-Trainings	Cross-Trainings
THURSDAY	Tempo Run WU: Jog for 10mins Set: 2k run x 2 reps. Walk 2mins in bet. 2k. Cooldown: 10 mins walk	Tempo Run WU: Jog for 10mins Set: 3k run x 2 reps. Walk 2mins in bet. 3k. Cooldown: 10 mins walk	Tempo Run WU: Jog for 10mins Set: 2k run x 2 reps. Walk 2mins in bet. 2k. Cooldown: 10 mins walk	Tempo Run WU: Jog for 10mins Set: 2k run x 2 reps. Walk 2mins in bet. 2k. Cooldown: 10 mins walk
FRIDAY	Cross-Trainings	Cross-Trainings	Cross-Trainings	Cross-Trainings
SATURDAY OR SUNDAY	Long Run WU: Jog 10mins. Run 6k. Cooldown: 5mins walk	Long Run WU: Jog 10mins. Run 7k. Cooldown: 5mins walk	Long Run WU: Jog 10mins. Run 6k. Cooldown: 5mins walk	Long Run WU: Jog 10mins. Run 6k. Cooldown: 5mins walk

* run pace - find a run pace that is a little faster than your jog, but on a pace that you could finish the entire set.
** you can do cross-trainings like swimming, biking or gym strength trainings on non-run days.
*** if you are running on a Sunday, make your Monday as a rest day.