



5K · BEGINNER 9-WEEK TRAINING PLAN



SET A GOAL

STEP 1

Use the [Hansons Training Pace Calculator](#) to fill in the following paces. You'll reference these paces for your weekly workouts. This will help you get the most out of each workout, and ensure that your training hits the right zones so you don't go too easy, or too hard.

_____ : Your goal finish time

_____ : Your goal pace (GP)

_____ : Long Run

_____ : 10k pace (for workouts)

BRUSH UP ON YOUR RUNNER LINGO

STEP 2

TEMPO: It should be hard to hold a conversation at this speed, but still a pace you could hold for 45–60 minutes if necessary.

RECOVERY PACE: Easy jogging in-between hard, fast intervals; no prescribed speed, just keep moving.

WARM-UP/COOL-DOWN: Easy jogging and a few shorter, faster intervals to get your body ready for a workout, and easy jogging to recover once you're done.

REST OR CROSS-TRAIN: Total rest, or doing a non-running activity such as weights, yoga, cycling, etc.

NOTATION: In these training plans, minutes and seconds are noted using quotations marks: minutes are denoted using by single quotation marks, and seconds denoted by double quotation marks. (3' = 3 minutes, 45" = 45 seconds)

STEP 3

START TRAINING

NOTE: For all Tues/Thurs workouts, include 1 mile warm up, 1 mile cool down



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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Rest or 30' cross-train	5 x 1' hills <hr/> Jog down for recovery	Rest or 30' cross-train	3 "up/down" miles Alternate: Up miles at tempo pace, Down miles at moderate effort	3 miles or 30' cross-train	30' easy	Off
WEEK 2	Rest or 30' cross-train	3 x 1' hard / 1' easy <hr/> 3 x 1' hills	Rest or 35' cross-train	3 x 1-mile tempo <hr/> 2' recovery	3 miles easy	Long run: 35'	Off
WEEK 3	Rest or 30' cross-train	3 x 2' hard / 1' easy <hr/> 3 x 1' hills	Rest or 30' cross-train	3-mile progressive tempo Start moderate and cut down 5" each mile	3 miles easy	Long run: 40'	Off
WEEK 4	Rest or 35' cross-train	3 x 3' hard / 90" off <hr/> 3 x 45" hills	Rest or 35' cross-train	3-mile aerobic tempo at tempo pace + 20" <hr/> 3 x 100m hard with 3' recovery	3 miles easy or 30' cross-train	Long run: 35'	Off



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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	Rest or 35' cross-train	4 x 600m at Goal Pace with equal rest	Rest or 35' cross-train	3/2/1' hills Increasing effort as the intervals get shorter	4 miles easy or 30' cross-train	Long run: 40'	Off
WEEK 6	Rest or 35' cross-train	3 x 1k at 10k pace +5" with 2' rest <hr/> 4 x 400m at 5k pace with 90" rest	Rest or 35' cross-train	2 x 2-mile tempo w/ 3' rest between <hr/> 3 x 100m hard w/ 4' recovery	3 miles easy or 30' cross-train	Long run: 45'	Off
WEEK 7	Rest or 35' cross-train	3 x 800m at 5k pace then 250m even faster <hr/> 1' recovery after 800, 4' recovery after 250	Rest or 40' cross-train	4-mile progressive tempo Start moderate and cut down 5" each mile	4 miles easy or 35' cross-train	Long run: 50'	Rest or easy cross-train
WEEK 8	Rest or 35' cross-train	40' run as you feel <hr/> 5 x 100m quick	Rest or 40' cross-train	1200/800/400/200m <hr/> Rest 3'/2'/2'/2' <hr/> Pace: GP+2"/5k/5k-3"/hard	4 miles easy or 35' cross-train	Long run: 45'	Off

