

5K TRAINING PLAN MODERATE MILEAGE (12 WEEKS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Easy run or day off	Speedwork	Easy run, day off, or cross-train	Tempo run	Day off	Easy run with drills and strides	Long Run	Miles/wk (nearest mile)
1	3 miles at RPE 3-4 or day off	• 1 mile at RPE 3-4 w/form drills and strides¹ • Repeat 6 times: 400 meters at 5RPE 7.5-8.5, followed by 200-meter recovery jogs at RPE 3-4 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Choose one: 2 miles at RPE 3-4, 20 minutes of easy cross-training, or day off	• 1 mile at RPE 3-4 w/form drills and strides • 3 miles at RPE 6.5-7 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Day off	• 1 mile at RPE 3-4 • Repeat 4 times: 100-meter stride at RPE 7, followed by, 100-meter jog at RPE 3-4 • 1 mile at RPE 3-4	• 4-5 miles at RPE 3-4 • 5-10 minutes of strength training (optional)	16-22
	0-3	4	0-2	5	0	2.5	4-5	
2	2-3 miles at RPE 3-4 or day off	• 1 mile at RPE 3-4 w/form drills and strides • Repeat 4 times: 600 meters at RPE 7.5-8.5, followed by 400-meter recovery jogs at RPE 3-4 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Choose one: 2 miles at RPE 3-4, 20 minutes of easy cross-training, or day off	• 1 mile at RPE 3-4 w/form drills and strides • 3 miles at RPE 6.5-7 • 800 meters at RPE 3-4 • 5-10 minutes of strength training	Day off	• 1 mile at RPE 3-4 • Repeat 6 times: 100-meter stride at RPE 7, followed by, 100-meter jog at RPE 3-4 • 1 mile at RPE 3-4	• 4-5 miles at RPE 4-5 • 5-10 minutes of strength training (optional)	18-22
	0-3	5	0-2	4.5	0	2.75	4-5	
3	3 miles at RPE 3-4 or day off	• 1 mile at RPE 3-4 w/form drills and strides • Repeat 5 times: 400 meters uphill at RPE level 7.5-8, followed by jog-down recoveries at RPE 3-4 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Choose one: 2 miles at RPE 3-4, 20 minutes of easy cross-training, or day off	• 1 mile at RPE 3-4 w/form drills and strides • 2 miles at RPE 7 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Day off	• 1 mile at RPE 3-4 • Repeat 8 times: 100-meter stride at RPE 7, followed by, 100-meter jog at RPE 3-4 • 1 mile at RPE 3-4	• 5-6 miles at RPE 3-4 • 5-10 minutes of strength training (optional)	17-23
	0-3	4.5	0-2	4	0	3	5-6	
4	2-3 miles at RPE 3-4	• 1 mile at RPE 3-4 w/form drills and strides • Repeat 4 times: 600 meters at RPE level 8-8.5, followed by 300-meter recovery jogs at RPE 3-4 • Repeat 4 times: 300 meters at RPE level 8.5-9, followed by 200-meter recovery jogs at RPE 3-4 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Choose one: 2 miles at RPE 3-4 or 20 minutes of easy cross-training	• 1 mile at RPE 3-4 w/form drills and strides • 3 miles at RPE 7 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Day off	• 1 mile at RPE 3-4 • Repeat 4 times: 200 meters at RPE 8-8.5 or close to 5K goal pace followed by 200-meter recovery jogs at RPE 3-4 • 800 meters at RPE 3-4	• 1 mile at RPE 3-4 • Form drills and strides • 1 mile time trial at RPE 8.5 or 5K goal pace • 1 mile at RPE 3-4	17-21

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	2-3	5.5	0-2	5	0	2.5	3.3	
5	3-4 miles at RPE 3-4	• 1 mile at RPE 3-4 w/form drills and strides • Repeat 2 times: 1 mile (RPE for each mile below), followed by 800-meter recovery jog between each mile at RPE 3-4 - 1st mile at RPE 7-7.5, - 2nd mile at RPE 7.5-8 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Choose one: 3 miles at RPE 3-4, 25 minutes of easy cross-training, or day off	• 1 mile at RPE 3-4 w/form drills and strides • 3 miles at RPE 7 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Day off	• 1 mile at RPE 3-4 • Repeat 8 times: 100-meter stride at RPE 7, followed by, 100-meter jog at RPE 3-4 • 1 mile at RPE 3-4	• 6-7 miles at RPE 3-4 • 5-10 minutes of strength training (optional)	22-27
	3-4	4.5	0-3	5	0	3	6-7	
6	2-3 miles at RPE 3-4	• 1 mile at RPE 3-4 w/form drills and strides • Repeat 5 times: 600 meters at RPE 8-8.5, followed by 300-meter recovery jogs at RPE 3-4 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Choose one: 3 miles at RPE 3-4 or 25 minutes of easy cross-training	• 1 mile at RPE 3-4 w/form drills and strides • 2.5 miles at RPE 7-7.5 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Day off	• 1 mile at RPE 3-4 • Repeat 8 times: 100-meter stride at RPE 7, followed by, 100-meter jog at RPE 3-4 • 1 mile at RPE 3-4	• 6 miles at RPE 5-6 • 5-10 minutes of strength training (optional)	21-25
	2-3	5.5	0-3	4.5	0	3	6	
7	3 miles at RPE 3-4	• 1 mile at RPE 3-4 w/form drills and strides • Repeat 4 times: 800 meters at RPE level 8-8.5, followed by 400 meter recovery jogs at RPE 3-4 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Choose one: 3 miles at RPE 3-4, 25 minutes of easy cross-training, or day off	• 1 mile at RPE 3-4 w/form drills and strides • 3 miles at RPE 7-7.5 • 800 meters at RPE 3-4 • 5-10 minutes of strength training	Day off	• 1 mile at RPE 3-4 • Repeat 8 times: 100-meter stride at RPE 7, followed by, 100-meter jog at RPE 3-4 • 1 mile at RPE 3-4	• 7-8 miles at RPE 5-6 • 5-10 minutes of strength training (optional)	23-27
	3	4.25	0-3	4.5	0	3	7-8	
8	3 miles at RPE 3-4	• 1 mile at RPE 3-4 w/form drills and strides • 1200 meters at RPE level 7.5-8, followed by 600-meter recovery jog at RPE 3-4 • 600 meters at RPE level 8, followed by 400-meter recovery jog at RPE 3-4 • Repeat 3 times: 400 meters at RPE level 8, followed by 200-meter recovery jogs at RPE 3-4 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Choose one: 3 miles at RPE 3-4, 25 minutes of easy cross-training, or day off	• 1 mile at RPE 3-4 w/form drills and strides • 2 miles at RPE 7-8 • 1 mile at RPE 3-4 • 5-10 minutes of strength training	Day off	• 1 mile at RPE 3-4 • Repeat 4 times: 200 meters at RPE 8-8.5 or close to 5K goal pace followed by 200-meter recovery jogs at RPE 3-4 • 800 meters at RPE 3-4	• 1 mile at RPE 3-4 • Form drills and strides • 2-mile time trial or 5K race • 1 mile at RPE 3-4	19-23

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	3	4.9	0-3	4	0	2.5	4.5-5.6	
9	4 miles at RPE 3-4	1 mile at RPE 3-4 w/form drills and strides - Repeat 4 times: 800 meters at RPE 8-8.5 followed by 400-meter recovery jogs at RPE 3-4 1 mile at RPE 3-4 5-10 minutes of strength training	Choose one: 3 miles at RPE 3-4 or 25 minutes of easy cross-training, or day off	1 mile at RPE 3-4 w/form drills and strides 3 miles at RPE 7-7.5 1 mile at RPE 3-4 5-10 minutes of strength training	Day off	1 mile at RPE 3-4 - Repeat 8 times: 100-meter stride at RPE 7, followed by, 100-meter jog at RPE 3-4 1 mile at RPE 3-4	6 miles at RPE 4-5 5-10 minutes of strength training (optional)	24-27
	4	6.5	0-3	5	0	3	6	
10	3-4 miles at RPE 3-4	1 mile at RPE 3-4 w/form drills and strides - Repeat 2 times: 1 mile at RPE 8-8.5 followed by 800-meter recovery jog at RPE 3-4 1 mile at RPE 3-4 5-10 minutes of strength training	Choose one: 3 miles at RPE 3-4 or 25 minutes of easy cross-training	1 mile at RPE 3-4 w/form drills and strides 2.5 miles at RPE 7-8 800 meters at RPE 3-4 5-10 minutes of strength training	Day off	1 mile at RPE 3-4 - Repeat 8 times: 100-meter stride at RPE 7, followed by, 100-meter jog at RPE 3-4 1 mile at RPE 3-4	5-7 miles at RPE 5-6 5-10 minutes of strength training (optional)	19-25
	3-4	4.5	0-3	3.5	0	3	5-7	
11	3 miles at RPE 3-4	1 mile at RPE 3-4 w/form drills and strides - Repeat 12 times: 400 at RPE level 8-8.5 followed by 200-meter recovery jogs at RPE 3-4 1 mile at RPE 3-4 5-10 minutes of strength training	Day off	1 mile at RPE 3-4 w/form drills and strides 4 miles at RPE 7 1 mile at RPE 3-4 5-10 minutes of strength training	Day off	1 mile at RPE 3-4 - Repeat 8 times: 100-meter stride at RPE 7, followed by, 100-meter jog at RPE 3-4 1 mile at RPE 3-4	4 miles at RPE 3-4 5-10 minutes of strength training (optional)	23
	3	6.5	0	6	0	3	4	
12	Day off	1 mile at RPE 3-4 w/form drills and strides 1 mile at RPE 8.5 or around 5K goal pace, followed by 1 mile at RPE 3-4 5-10 minutes of strength training	Choose one: 2 miles at RPE 3-4 or day off	1 mile at RPE 3-4 - Repeat 6 times: 100-meter stride at RPE 7, followed by, 200-meter jog at RPE 3-4 800 meters at RPE 3-4	3 miles at RPE 3-4 or day off	800 meters at RPE 3-4 - Repeat 4 times: 100-meter stride at RPE 7, followed by, 200-meter jog at RPE 3-4 800 meters at RPE 3-4	1 mile at RPE 3-4 - Form drills and strides 5K goal race 1 mile at RPE 3-4	12-17
	0	3	0-2	2.75	0-3	1.75	5.4	

WARMUP: 1 MILE EASY WITH FORM DRILLS AND STRIDES

- Jog 1:00
- Form drills: for 15–20 seconds each, followed by 15–20 seconds of slow jogging, do each of these eight drills:
 - Butt-kicks
 - High knees
 - Quick feet
 - Skipping for height
 - Side-slide/chassée (R and L)
 - Cross-over/carioca/grapevine (R and L)
- Strides: after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you’ve done four 20-second strides.
- Jog 1:00

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1-2	Negligible effort	Walking
3-4	Easy	Easy-run range
5	Moderate	Regular-run pace
6-7	Moderate-to-hard	Tempo-run range
8-9	Hard	Speedwork range
10	Very hard	Sprinting