

## Prediction Run 5K Training Programs

**Novice:** "I've never run a 5K before"

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
1				30-60 min walk	Rest or Run/Walk	1 m run	Rest or Run/Walk
2	1 m run	Rest	1.5 m run	40-60 min walk	Rest or Run/Walk	1.5 m run	Rest or Run/Walk
3	1.5 m run	Rest	2 m run	50-60 min walk	Rest or Run/Walk	2 m run	Rest or Run/Walk
4	1.5 m run	Rest	3 m run	60 min walk	Rest or Run/Walk	3 m run	Rest or Run/Walk
5	2 m run	Rest	Rest	Prediction 5K			

**Intermediate:** "I've run a 5K but want to get faster"

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
1				3 m run	Rest	3 m run	5 X 400 meter
2	3 m run	Rest	2 m fast run	4 m run	Rest	3 m run	6 X 400 meter
3	3 m run	Rest	2 m fast run	4 m run	Rest	3 m run	7 X 400 meter
4	3 m run	Rest	3 m fast run	5 m run	Rest	3 m run	8 X 400 meter
5	3 m run	Rest	Rest	Prediction 5K			

**Advanced:** "I've run several 5Ks and am looking to set a new PR"

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
1				30 min run	3 m run	5 X 400 meter	Rest or easy run
2	8 X 200 meter	Rest	3 m fast run	40 min run	3 m run	6 X 400 meter	Rest or easy run
3	10 X 200 meter	Rest	4 m fast run	50 min run	3 m run	7 X 400 meter	Rest or easy run
4	12 X 200 meter	Rest	5 m fast run	60 min run	3 m run	8 X 400 meter	Rest or easy run
5	10 X 200 meter	Rest	Rest	Prediction 5K			