


# THE 5K TRAINING PLAN

LET'S DO THIS


# 6 WEEKS TO 5K

We've curated the best training plans for a wide range of distances, to help you achieve your goals. This plan is for beginners or those just wanting to complete a 5k distance.


These plans are a weekly breakdown to help you get race ready. However, if your schedule is tight, just adjust the plan to your needs. It's a guide, not a requirement. Above all, listen to your body, don't push yourself unnecessarily and enjoy it.

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	Run Start with a 1-2km run, reward with a protein shake afterwards	Workout Walk, cross training, weights or an activity of your choice	Rest day Even on rest days get your step count up, walk it out.	Workout Try our circuit workouts on the next page, go at your pace.	Rest day	Run 2-3km run, don't worry, it gets easier!	Rest day
	Run	Workout	Rest day	Workout	Run	Run	Rest day
2	Endurance: 2-3km run	Cross training, weights or an activity of your choice		30 minute weights session. 20 minute circuits	3-4km run	2-3km run	
	Run	Workout	Rest day	Workout	Run	Run	Rest day
3	Endurance: 2-3km run	Cross training, weights or an activity of your choice		30 minute weights session. 20 minute circuits	3-4km run	4-5km run	
	Run	Workout	Rest day	Workout	Run	Run	Rest day
4	Endurance: 2-3km run	Cross training, weights or an activity of your choice		30 minute weights session. 20 minute circuits	3-5km run	5-6km run	
	Run	Workout	Rest day	Workout	Run	Run	Rest day
5	Endurance: 2-3km run	Cross training, weights or an activity of your choice		30 minute weights session. 30 minute circuits	3-5km run	6-7km run	
	Run	Workout	Rest day	Workout	Workout	Run	
6	Endurance: 2-3km run	Cross training, weights or an activity of your choice		30 minute weights session. 30 minute circuits	Walking, cross training or low impact exercise	1-2km run	 Race Day

# RUN A SUB 30 MIN 5K

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>1</b>	Run	Run	Rest day	Run	Rest day	Rest day	Run
	30 min easy	3 x 1km @ 6:00/km, 90s recovery	Rest / Cross training	4 x 800m @ 5:30/km, 200m recovery jog	Rest / Cross training	Rest / Cross training	7k endurance run
<b>2</b>	Rest day	Run	Run	Rest day	Workout	Run	Run
	Rest / Cross training	10 x 400m @ 2:30/400m	30 min easy	Rest / Cross training	Yoga	4 x 800m @ 5:15/km, 200m recovery jog	30 min easy
<b>3</b>	Rest day	Run	Workout	Run	Workout	Rest day	Run
	Rest	3 x 1km @ 6:00/km, 90s recovery	Cross training	30 min easy	Cross training	Rest	8k endurance run
<b>4</b>	Rest day	Run	Run	Rest day	Workout	Run	Run
	Rest / Cross training	4 x 1km @ 5:45/km, 60s recovery	35 min easy	Rest / Cross training	Yoga	10 x 400m @ 2:20/400m	30 min easy
<b>5</b>	Rest day	Run	Run	Rest day	Workout	Run	Rest day
	Rest	5k at 6:10/km	20 min easy	Rest	Cross training	40 min moderate	Rest
<b>6</b>	Workout	Run	Rest day	Run	Rest day	Rest day	 <b>Race Day</b>
	Cross training	20 min moderate	Rest/yoga	30 min easy with 10 min @ race pace	Rest	10 min easy + lots of stretching	

# RUN A SUB 20 MIN 5K

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>1</b>	Rest day	Run	Rest day	Run	Rest day	Workout	Run
	Rest / Yoga	4 x 1k @ 4:00/ km with 90s recovery	25 min easy	6 x 800m @ 3:15/km, 200m recover	25 min easy	Cross training	8k endurance run
<b>2</b>	Rest day	Run	Run	Run	Run	Workout	Run
	Rest / Yoga	10 x 400m @ 93s/400m	30 min easy	Hill sprints 30 min (everyone's favorite)	20 min moderate	Cross training	11k endurance run
<b>3</b>	Rest day	Run	Run	Workout	Run	Workout	Run
	Rest / Yoga	Hill sprints 30 min	35 min easy	Cross training	6 x 800m @ 3:15/km, 200m recover	Cross training	15k endurance run
<b>4</b>	Rest day	Run	Run	Rest day	Run	Workout	Run
	Rest / Yoga	4 x 1k @ 3:55/ km with 60s recovery	20 min easy	Rest / Yoga	10 x 400m @ 93s/400m	Cross training	11k endurance run
<b>5</b>	Rest day	Run	Run	Rest day	Run	Workout	Run
	Rest / Yoga	25 min easy	5k in 4:10/km	Rest / Yoga	30 min easy	Cross training	7k endurance run
<b>6</b>	Run	Run	Run	Run	Rest day	Run	 <b>Race Day</b>
	3 x 1k @ 3:45/ km with 60s recovery	30 min easy	5 x 600m fast + 300m sprint, 30 sec recovery	20 min easy with 5 min hard in the middle	Rest	15 mins easy	



# CIRCUITS EXPLAINED

Circuits are a great way to increase your strength in advance of a big run. Build up your muscles and endurance and you'll feel much stronger and ready to face those kilometres.

We've collated a few of our team's favourite pre-race exercises and explained how they work. You can then use them in the pattern on the next page to really take your training to the next level.

## Lunges

Good for strengthening glutes & legs

1. Stand with feet staggered far apart, left in front of right with right heel raised, and hands on hips; balance body weight mainly on left foot.
2. Bend left knee 90 degrees as you lower into a lunge, right knee bent.
3. Return to start position.

Do 10 to 15 reps; switch sides and repeat.  
For the second round, hold dumbbells in each hand, arms by your side as you dip down. For the third, add in a bicep curl with the dumbbells as you lower down.

## Dead lift + Row

It's so important to look after your back, so position is key here. A great workout for biceps, glutes & hamstrings too.

1. Stand with feet hip-width apart, holding a dumbbell in each hand in front of thighs, palms facing each other.
2. Hinge forward from hips until back is parallel to floor, arms hanging down. Drive elbows behind you, bringing hands by ribs.
3. Lower dumbbells, then return to start position to complete 1 rep.

Do 10 to 15 reps.

## Rower Sit Up

Excellent for shoulders, abs & lengthening tight back muscles

1. Lie faceup on floor with arms stretched behind head
2. Engage abs and sit up, bending knees in toward chest as you sweep arms out and around legs.
3. Lower back to start position without fully touching arms and legs to floor.

Do 10 to 15 reps.

## Plank Matrix

Good for strengthening abdominals, back & shoulders

1. Lie face down with forearms on the floor shoulder width apart. Keeping your core tight, your back straight, and your bum down, rest on your forearms and hold your plank position for 30 seconds.
2. Move onto your right side, putting one arm in the air. Your hips should be high off the ground, rest sideways on your right forearm. Hold for 30 seconds.
3. Move onto the left side, hold for 30 seconds. Repeat 3 times

## Single Leg Squat

Great for strengthening leg muscles, particularly glutes and quads

1. Stand with feet hip-width apart, arms extended forward in front of chest; lift right foot a few inches off floor, foot flexed.
2. Lower into a single-leg squat, bending left knee 90 degrees. Return to start position.
3. Do 10 to 15 reps; switch legs and repeat. Try and lift your right leg higher as you squat.

## Box jumps

This is a great high energy workout for the lower legs, the glutes and quads

1. Find a sturdy box or step 2 feet in height. Stand 1.5 feet away. Bend your knees slightly, squat down and explode upward onto the platform, swinging your arms upward and landing lightly on the balls of your feet. Hold this position for 2—3 seconds; then jump back down to the floor, landing on both feet. The squat is the important part here - so take it low!

Repeat 3 times

# CIRCUIT PATTERN IDEAS

We've detailed below a line up of circuits where you can use the exercises from the previous page, along with some newer ones. We've found that these workouts are best when you mix it up, so this is a great starting point but feel free to go off piste.

You can do these absolutely anywhere, don't worry about speed, all you need is your own body weight and a basic set of dumbbells.

## 1 Circuit

1. Box Jumps — 40 seconds
2. Plank Matrix — 40 seconds
3. Deadlift & Row — 40 seconds

Do this circuit two times before taking a 1-minute break.

## 2 Circuit

1. Single-Leg Deadlifts — 40 seconds
2. Hand Release Push-Ups — 40 seconds
3. Rower Sit Up — 40 seconds

Do this circuit two times before taking a 1-minute break.

## 3 Circuit

1. Hip thrusters — 40 seconds
2. Lunges — 40 seconds
3. Single Leg Squats — 40 seconds

Do this circuit two times before taking a 1-minute break.

## 4 Circuit

1. Hip thrusters — 40 seconds
2. Lunges — 40 seconds
3. Single Leg Squats — 40 seconds

Do this circuit two times before taking a 1-minute break.

## 5 Circuit

1. Hand Release Push-Ups — 40 seconds
2. Burpees — 40 seconds
3. Press Ups — 40 seconds

Do this circuit two times before taking a 1-minute break.

## 6 Circuit

1. Step Up Bicep Curl — 40 seconds
2. Lunges — 40 seconds
3. Box Jumps — 40 seconds

Do this circuit two times before taking a 1-minute break.

## 7 Circuit

1. Hip thrusters — 40 seconds
2. Single Leg Squats — 40 seconds
3. Cossack Squats — 40 seconds

Do this circuit two times before taking a 1-minute break.

## 8 Circuit

1. Burpees — 40 seconds
2. Step Up Bicep Curl — 40 seconds
3. Jumping Jacks with Dumbbells — 40 seconds

Do this circuit two times before taking a 1-minute break.

# NUTRITION

We've created a brief list of what of our best nutritional tips for the lead up to race day. However, these are a guide so don't suddenly change your whole diet for whey protein. Keep it healthy, and if you're unsure, consult a sports nutritionist.

## The Run Up

In the lead up to a big race, it's important to start as you mean to finish. The worst thing you can do is change your diet suddenly on race day. So, if you plan on running with gels or protein bars, start running with them now.

We love Tribe, Clif or Prime Bars for slow release energy on the go. Otherwise, gels are available to buy at pretty much any running shop, or you could go old fashioned and stash some almonds in your pocket. However you do it, start getting your stomach used to it as soon as possible. Gels in particular can have an 'interesting' effect on your tum if you haven't used one before.

## Don't be afraid to fuel up on the fly

The average runner will burn approximately 100 calories per mile of running, so if you're going a long way before breakfast, it's advisable to consider how much fuel your body will have.

Don't leave it to the last minute, fuel up, even if you don't currently want to. Fatigue can set in very quickly so it's advisable to preempt it by eating at regular intervals. You might wake up before a run, have a great complex-carbohydrate-fueled breakfast but then start to wane an hour or so later. Take some bars/almonds with you and keep up the momentum.

## Complex carbohydrates

Complex carbs are your greatest friend. Wholewheat pasta, brown bread, potatoes, fruit, porridge and healthy grains with lots of slow release energy will keep you going through the 'wall'. They're packed full of nutrients such as fibre, vitamin C and calcium.

Foods like white bread, white pastas and processed foods are full of sugar, and while they'll give you an instant hunger fix and a quick boost, it's not sustainable. Switch up your diet for the good hearty grains and you'll see your endurance increase.

Our favourite pre-race foods: Sweet potatoes, avocados, almonds, eggs, whole grain bread, oranges, beans, lentils, salmon, chicken, yoghurt, bananas and the all important fresh veg. Obviously not all at once.

## Pre Race

Carb loading is definitely one of our favourite parts of racing, but it's important not to overdo it. Go bananas on the pasta the night before and you might end up feeling sluggish on race day.

Have a your last big meal at about lunchtime the day before the race, then just have a normal size dinner. This will stop you going overboard, stick to the wholegrains and you'll be right as rain the next day.

## Race Day

If you're used to having a cup of coffee before a race, do it. Keep your routine. We recommend a good hearty breakfast, avoid high fat foods like dairy and meats, keep it relatively plain with porridge/toast/fruit.

Take some supplies with you to the race, it's best to get there early to get your number and get the lay of the land, so you might need to fuel up again. Above all, drink water, stay hydrated.

## Hell yes! You've done it

Time to celebrate. But first, eat something sugary, replenish with fruit (or haribo, it seems to be readily available at most finish lines!) Try Gatorade or coconut water which are full of electrolytes. Your body is great at absorbing complex carbohydrates after a run, mix with protein to aid recovery.

Avoid eating a huge meal, go for something restorative and try not to go too crazy with the celebrating. Although, having said that, a few post-race beers are unlikely to have a detrimental effect. Alcohol does dehydrate you so be sure to drink plenty of water.

Best of luck from the whole team at Letdothis.com, you'll smash it.





# RACE DAY TIPS

From experts and amateurs alike. Survive the pressure.

"Don't change too much on race day - that goes for nutrition, kit, warm up etc. Otherwise you'll be asking for trouble..."

— Olly Freeman

"Zone out - switch off your mobile phone/music and enjoy the surroundings. That's what you are there for after all."

— Bradley Wiggins

"I always go off too hot so keep telling myself for the first half don't be an idiot, for the second half don't be a wimp.

And never, ever forget the Vaseline."

— Sam Browne

"I always get pretty nervous on race day itself, so make sure I'm over-prepped the night before. Kit laid out and target splits written on my arm. And don't forget to stay hydrated!"

— Stephanie Ede

"I like to find a quiet spot, shut my eyes and visualise each stage of the race - how I'm feeling physically and mentally - so when I'm out there I'm ready for whatever comes my way"

— Constantine Louloudis

"My first tip would be to eat. After a hard race you need to refuel. Your body needs protein to repair the muscles and carbohydrates/sugar to replenish the muscles' glycogen stores"

— Matt Rees aka The Welsh Runner

"Join together with a group - be it a running club or a group of friends, just so you have that social side of things to help motivate each other. When you're all working towards a target, you pick each other up."

— Paula Radcliffe

"Whatever the discipline, pace yourself. But always finish empty."

— Marc Hibbins

"Just have fun, that's the biggest thing. As long as you're smiling and having fun that's all that matters."

— Michael Phelps

# THE MISSION

Letsdothis.com is built by athletes, so whether it's your first 5k or your tenth ironman we want to make it as easy as possible for people to find their next challenge.

From Olympic gold medal winners to people psyched by pushing their kids around a Disney marathon, these races have changed all of our lives. We're here to make sure they change yours too.

If you have any questions or queries, or if you'd like to see our other available plans, please get in touch below.

[Talk to the team](#)

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