



FHC's 5K Training Plan



This 5K training plan is suitable for beginner to intermediate runners and has been designed to increase your speed and endurance.

REMEMBER: Warming up before and cooling down after you exercise is very important. Rest days are also a MUST!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Gentle run (A run whereby you can still chat to a friend) Approx. 20-30 mins	Interval Training Warm up. Run 400-500m at a fast pace, walk/jog for 2 mins. Repeat x5	Gentle run (A run whereby you can still chat to a friend) Approx. 20-30 mins	Interval Training Warm up. Run 1K at a fast pace, walk/jog for 1 min. Repeat x5	Gentle run (A run whereby you can still chat to a friend) Approx. 20-30 mins	Time trial Warm up. Run at a fast pace you can sustain for 20 mins	Rest
2	Gentle run (A run whereby you can still chat to a friend) Approx. 25-35 mins	Interval Training Warm up. Run for 30 secs at a fast pace, jog for 4 mins. Repeat x5	Gentle run (A run whereby you can still chat to a friend) Approx. 25-35 mins	Interval Training Warm up. Run 1.5K at a fast pace, walk/jog for 1 min. Repeat x5	Gentle run (A run whereby you can still chat to a friend) Approx. 25-35 mins	Time trial Warm up. Run at a fast pace you can sustain for 25 mins	Rest
3	Gentle run (A run whereby you can still chat to a friend) Approx. 30-40 mins	Interval Training Warm up. Run for 3 mins at a fast pace, walk/jog for 3 mins. Repeat x10	Gentle run (A run whereby you can still chat to a friend) Approx. 30-40 mins	Interval Training Warm up. Run for 2.5K at a fast pace, walk/jog for 2 mins. Repeat x10	Gentle run (A run whereby you can still chat to a friend) Approx. 30-40 mins	Time trial Warm Up. Run at a fast pace you can sustain for 30 mins	Rest
4	Gentle run (A run whereby you can still chat to a friend) Approx. 35-45 mins	Interval Training Warm up. Run for 1 mins at a fast pace, walk/jog for 1 min. Run for 2 mins, walk/jog for 2 mins etc. Repeat x5	Gentle run (A run whereby you can still chat to a friend) Approx. 35-45 mins	Interval Training Warm Up. Run for 3K at a fast pace, walk/jog for 2 mins. Repeat x10	Gentle run (A run whereby you can still chat to a friend) Approx. 35-45 mins	Time trial Warm up. Run at a fast pace you can sustain for 35 mins	Rest