



5K Training Program

The Furman Institute of Running and Scientific Training (FIRST) 5K training program is based on results from FIRST's training studies. Results indicate that runners are able to improve race performances running only three days a week, following a specific training plan, and cross-training. Pacing is a crucial component to this training program. Training program paces are based on current best 5K RACE pace. Refer to Tables 4.1, 4.2 and 4.3 in *Runner's World RUN LESS, RUN FASTER* to determine your training paces.

This training program has produced good results with Key Run #1 on Tuesday, Key Run #2 on Thursday and the long run completed on the weekend. Runners can do the three key workouts in any order throughout the week; however, you need to allow at least one day between the key workouts. Runners are encouraged to either cross-train or complete easy runs on other days of the week.

	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3
12	10-20 minute warm-up 8 x 400 w/400 RI 10 minute cool-down	1.5K warm-up 3.5K @ ST pace 1.5K cool-down	8K @ LT pace
11	10-20 minute warm-up 5 x 800 w/400 RI 10 minute cool-down	1.5K warm-up 5K @ ST pace 1.5K cool-down	10K @ LT pace
10	10-20 minute warm-up 2 x 1600 and 1 x 800 w/400 RI 10 minute cool-down	1.5K warm-up 3.5K @ ST pace, 1.5K easy for recovery, 3.5K @ ST pace 1.5K cool-down	8K @ LT pace
9	10-20 minute warm-up 200 (200 RI), 400 (400RI), 600 (400 RI), 800 (400 RI), 800 (400 RI), 600 (400 RI), 400 (400 RI), 200 10 minute cool-down	1.5K warm-up 6.5K @ MT pace 1.5K cool-down	10K @ LT pace
8	10-20 minute warm-up 4 x 1000 (400 RI) 10 minute cool-down	1.5K warm-up 5K @ ST pace 1.5K cool-down	11K @ LT pace
7	10-20 minute warm-up 1600, 1200, 800, 400 (400 RI) 10 minute cool-down	1.5K warm-up 1.5K @ ST pace, 1.5K easy, 1.5K @ ST pace, 1.5K easy, 1.5K @ ST pace 1.5K cool-down	10K @ LT pace
6	10-20 minute warm-up 10 x 400 w/1:30 RI 10 minute cool-down	1.5K warm-up 6.5K @ MT pace 1.5K cool-down	12K @ LT pace
5	10-20 minute warm-up 6 x 800 w/1:30 RI 10 minute cool-down	1.5K warm-up 3.5K @ ST pace, 1.5K easy, 3.5K @ ST pace 1.5K cool-down	11K @ LT pace
4	10-20 minute warm-up 4 x 1200 w/400 RI 10 minute cool-down	1.5K warm-up 5K @ ST pace 1.5K cool-down	11K @ LT pace
3	10-20 minute warm-up 5 x 1000 w/400 RI 10 minute cool-down	1.5K warm-up 3.5K @ ST pace, 1.5K easy, 1.5K @ ST pace, 1.5K easy, 3.5K @ ST pace 1.5K cool-down	10K @ LT pace
2	10-20 minute warm-up 3 x 1600 w/1:00 RI 10 minute cool-down	1.5K warm-up 5K @ ST pace 1.5K cool-down	10K @ LT pace
1	10-20 minute warm-up 6 x 400 w/1:00 RI 10 minute cool-down	1.5K warm-up 5K easy 1.5K cool-down	5K Race

RI = Rest Interval; which may be a timed rest/recovery interval or a distance that you walk/jog