

SUB 20-MIN 5K TRAINING PLAN - KMS

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Speed	1	Rest Day	Repetition Pace Intervals 10 x 200m (3:35/km) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals x (3:54/km) 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 10 min RPE 3-4
	2	Rest Day	Repetition Pace Intervals 12 x 200m (3:35/km) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals x (3:54/km) 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 15 min RPE 3-4
	3	Rest Day	Repetition Pace Intervals x 400m (3:35/km) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals x (3:54/km) 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 15 min RPE 3-4
	4	Rest Day	Repetition Pace Intervals x 400m (3:35/km) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals x (3:54/km) 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 15 min RPE 3-4
	5	Rest Day	Repetition Pace Intervals x 600m (3:35/km) 2 min recovery	Recovery Run min RPE 2-3	Race Pace Intervals x (3:54/km) 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 15 min RPE 3-4
	6	Rest Day	Repetition Pace Intervals x 600m (3:35/km) 2 min recovery	Recovery Run min RPE 2-3	Race Pace Intervals x (3:54/km) 2min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 15 min RPE 3-4
Peak	7	Rest Day	Repetition Pace Intervals x 800m (3:35/km) 2:30 min recovery	Recovery Run min RPE 2-3	Race Pace Intervals x (3:54/km) 3min recovery	Recovery Run min RPE 2-3	Rest Day	Long Run 20 min RPE 3-4
Taper	8	Rest Day	Repetition Pace Intervals x 400m (3:35/km) 90 sec recovery	Recovery Run min RPE 2-3	Race Pace Intervals 5x 100m (3:54/km) 10m kick 1km jog	Recovery Run min RPE 2-3	Rest Day	Long Run 20 min RPE 3-4
Race	9	Rest Day	Race Pace Run 8 x 200m (3:54/km) 90 sec recovery	Recovery Run min RPE 2-3	Strides 5 min RPE 3-4 w/10 x 10sec strides	Rest Day	Shake Out Run min RPE 1-2	 RACE 5K (3:54/km)