

5 KM or 10 KM 5 & 12 Week Training Plans

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WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Rest	10 min Easy	Rest	10 min Easy	Rest	Rest	15 min Easy
2	Rest	10 min Easy	Rest	10 min Easy	Rest	Rest	20 min Easy
3	Optional	15 min Easy	Rest	10 min Easy	Rest	Rest	25 min Easy
4	Optional	15 min Easy	Rest	10 min Easy	Rest	Rest	30 min Easy
5 (5 KM only)	Optional	10 min Easy	Rest	10 min Easy	Rest	Rest	5 KM RACE DAY
5 (10 KM only)	Optional	20 min	Rest	20 min	Rest	Rest	40 min Easy
6	Optional	20 min	Rest	20 min	Rest	Rest	45 min Easy
7	Optional	20 › 25 min	Rest	25 min	Optional	Rest	30 min Easy
8	Optional	20 min	Rest	25 min	Optional	Rest	50 min Easy
9	Optional	20 › 25 min	Rest	30 min	Optional	Rest	30 min Easy
10	Optional	20 › 25 min	Rest	30 min	Optional	Rest	55 min Easy
11	Optional	20 › 25 min	Rest	30 min	Optional	Rest	30 min Easy
12	Optional	20 min	Rest	20 min	Rest	Rest	10 KM RACE DAY

NOTE: 5 KM and 10 KM plans follow same schedule for weeks 1 through 4. Week 5 is different for 5 KM and 10 KM plans.