



RUN *Coach* **JAMIE**

5K PLAN

RUN DISNEY



5K Plan										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Total	
Week 1										
	1		1			1			3 miles	
	1.5		1.5			1.5			4.5 KM	
	15		15			15			45 min	
Week 2										
	1		1			1			3 miles	
	1.5		1.5			1.5			4.5 KM	
	15		15			15			45 min	
Week 3										
	1		1			1.5			3.5 miles	
	1.5		1.5			2.5			5.5 KM	
	15		15			20			50 min	
Week 4										
	1		1			1			3 miles	
	1.5		1.5			1.5			4.5 KM	
cutback	15		15			15			45 min	
Week 5										
	1		1			1.5			3.5 miles	
	1.5		1.5			2.5			5.5 KM	
	15		15			20			50 min	
Week 6										
	1.5		1.5			2			5 miles	
	2.5		2.5			2.5			7.5 KM	
	20		20			20-25			60-65 min	
Week 7										
	1.5		2			2.5			6 miles	
	2.5		3			4			9.5 KM	
	20		25			30			75 min	
Week 8										
	1.5		1.5			2			5 miles	
	2.5		2.5			3			8KM	
cutback	20		20			25			65 min	
Week 9										
	2		2			2.5			6.5 miles	
	3		3			4			10KM	
	25		25			30			80 min	
Week 10										
	2		2			2.5			6.5 miles	
	3		3			4			10KM	
	25		25			30-35			80-85 min	
Week 11										
	2		2			3			7 miles	
	3		3			5			11KM	
	25		25			40			90 min	
Week 12										
					3.1				3.1 miles	
					5				5KM	
RACE WEEK	20		15						35 min	

Weekly Runs

Monday Runs

Strides

During the last 10-15 min of your run, run at a quicker pace for 20 seconds

return to your conversational pace for 40 seconds

repeat drill 5- 6X

finish run in a conversational pace until you reach goal distance

Wednesday Runs

Speedwork

Each week you will have the opportunity to try out different runs to help increase speed

This is an option- feel free to swap this for a conversational paced run

Saturday Runs

Long Slow Run

Run:walk intervals permitted on all runs

Monday-

Strides

1 mile/1.5 km/ 15 min

Wednesday-

Progression run

1 mi/ 1.5 km/ 15 min

warm up 5 min walk

**Gradually increase speed every 3 min until you reach goal
distance/time**

Saturday-

Long Slow Run

1 mi/1.5 km / 15 min

Practice talk test

Monday-

Strides

1 mile/1.5 km/ 15 min

Wednesday-

Speed interval run

1 mi/ 1.5 km/ 15 min

warmup 5 min walk/run

Run at a challenging pace for 20 seconds

walk for 40 seconds

repeat 5-8 X

Finish run in a conversational pace until you reach goal
distance/time

Saturday-

Long Slow Run

1 mi/1.5 km / 15 min

Practice talk test

Monday-

Strides

1 mile/1.5 km/ 15 min

Wednesday-

Speed interval run

1 mi/ 1.5 km/ 15 min

warmup 5 min walk/run

Run at a challenging pace for 30 seconds

Rest or walk for 30 seconds

repeat 5- 7X

Finish run in a conversational pace until you reach goal
distance/time

Saturday-

Long Slow Run

1.5 mi/2.5 km / 20 min

Practice talk test

Monday-

Strides

1 mile/1.5 km/ 15 min

Wednesday-

Speed interval run

1 mi/ 1.5 km/ 15 min

warmup 5 min walk/run

Run at a challenging pace for 60 seconds

Rest or walk for 30 seconds

repeat 4- 6X

Finish run in a conversational pace until you reach goal distance/time

Saturday-

Long Slow Run

1 mi/1.5 km / 15 min

Practice talk test

Monday-

Strides

1 mile/1.5 km/ 15 min

Wednesday-

Timed mile or KM

1 mi/ 1.5 km/ 15 min

warmup 5 min walk/run

Run a mile or 1.5km at your best effort of the day

Or run as fast as you can for 15 min, track your distance.

Saturday-

Long Slow Run

1.5 mi/2.5 km / 20 min

Practice talk test

Monday-

Strides

1.5 miles /2.5 km/ 20 min

Wednesday-

Progression Run

1.5 mi/ 2.5 km/ 20 min

warmup 5 min walk/run

Gradually increase speed every 4 min until you reach goal
distance/time

Saturday-

Long Slow Run

2 mi/2.5 km / 20-25 min

Practice talk test

Monday-

Strides

1.5 miles/2.5 km/ 20 min

Wednesday-

Hill Repeats

2 mi/ 3 km/ 25 min

warmup 10 min easy run, find a hill
run up hill 30 seconds, walk down
repeat 5-8X
finish run in a conversational pace
until you reach goal distance/time

Saturday-

Long Slow Run

2.5 mi/4 km / 30 min

Practice talk test

Monday-

Strides

1.5 miles/2.5 km/ 20 min

Wednesday-

Speed interval run

1.5 mi/ 2.5 km/ 20 min

warmup 10 min easy run/walk

run at a challenging pace for 45 seconds

rest/easy run 45 seconds

repeat until you reach goal distance/time

Saturday-

Long Slow Run

2 mi/3 km / 25 min

Practice talk test

Monday-

Strides

2 miles/3 km/ 25 min

Wednesday-

timed mile/km

2 mi/ 3 km/ 25 min

warmup 10 min easy run

Run a mile or 1.5km at your best effort of the day

Or run as fast as you can for 15 min, track your distance.

Celebrate your strong progress and growth.

*If you are running outside, try to use the same course as your previous benchmark run

Saturday-

Long Slow Run

2.5 mi/4 km / 30 min

Practice talk test

Monday-

Strides

2 miles/3 km/ 25 min

Wednesday-

Speed interval run

2 mi/ 3 km/ 25 min

warmup 10 min easy run

Run at a challenging pace for 2 min

Rest/ easy run for 30 seconds

repeat until you reach goal distance/time

Saturday-

Long Slow Run

2.5 mi/4 km / 30-35 min

Practice talk test

Monday-

Strides

2 miles/3 km/ 25 min

Wednesday-

Tempo run

2 mi/ 3 km/ 25 min

warmup 10 min easy run

Run at goal 5K pace for 10 min

Finish run in a conversational pace

until you reach goal distance

Saturday

Long Slow Run

3 mi/5 km / 40 min

Practice talk test

Monday-

20 min easy, fun,
conversational pace- this week
is all about celebrating your
hard work!!!

Wednesday-

pre race shakeout- tomorrow's the
exciting day :)

Thursday

HAVE FUN!!!!!!
Congratulations!!!!!!!!!!

What's next?

Recover

No speedwork for a few days

Walking, recovery runs, low impact exercises and rest are all great!

Repeat the program

Use this as a guide and see how the efforts feel repeating this program.

Get a personalized Plan

Check out other plans or get your own personalized plan

www.runcoachjamie.com
jamie@runcoachjamie.com