

# 5K TRAINING PROGRAM



# A GREAT COACH

A great coach will tell you you've got a lot of different runners inside of you. To be the best runner, you've got to let them all out.

Run on hills, run on a track, do short runs, long runs and everything in-between. A great coach will tell you running shouldn't hurt, and some days the best run is no run. If your week of runs looks like a playlist with the same song by the same artist 17 times in a row, a great coach will tell you to mix things up, to turn each week into an epic, kickass playlist.

*We'll guide you through it.*

*Download and run with the Nike Run Club App and this 8-week Audio Guided Run 5K Training Program to coach yourself across the finish line.*



This 8-week-training plan combines

# **SPEED, ENDURANCE, RECOVERY AND MOTIVATION**

to get you ready to tackle a 5K.

Before diving straight into the training plan, read all of the material to ensure you get the most out of it. This plan is built to adapt to your experience level, but it's also uniquely flexible to your needs. Here's what you should know to get the most out of the Nike Run Club Training Plan:

## **It's Not Just About Running.**

We know that a smarter runner is a better runner. That's why we've put together a training plan that offers you the opportunity to run with and learn from some of the best Nike coaches and athletes every day through our collection of audio guided runs.

There will be an option to do every speed run, recovery run and long run with the guidance, motivation and inspiration that comes with each an Audio Guided Run. You can always choose to run the workouts alone. We've got the training and guidance you need here in this plan.

This training program is built to help you to maximize your efforts on race day through Speed Runs, Recovery Runs and Long Runs. But it takes so much more than running to become a better runner. That's why this training plan is built to not only help you become a better runner but also a better coach.

## THIS PLAN WORKS FOR YOU

Your schedule varies. So does the weather and how you feel, but here are a few things to keep in mind as you modify this plan to your needs:

- Speed Runs and Long Runs are essential parts of the plan to maximize your training.
- You have two Recovery Runs and two Rest Days – use them to break up your Speed and Long Runs. Avoid doing Speed Runs on back-to-back days.

## TRAINING STARTS WHEN YOU START

This plan was designed around an 8-week schedule for maximum results. It was built to adapt to your experience level and intended to be uniquely flexible to your needs as you prepare to tackle a 5K. Whether you're four or eight weeks from race day, you can jump into this program whenever it suits you. You're in control of what you put into the program and therefore what you get out of it. We do recommend that you plan on training for at least 4 weeks before the 5K and can comfortably run and complete the programmed workouts.

## TOOLS TO TAKE YOU FARTHER

- Record your runs, reflect on progress, and grab some encouragement from your community along the way with the Nike Run Club App.
- The Nike Training Club App is a great way to add cross-training to your schedule.
- Audio Guided Runs can be found for every training run in this plan. You can find them in the Nike Run Club app. Each week you will have 5 runs. There will be an option to use a Nike Audio Guided Run for each run.



# WEEKLY WORKOUTS

**This plan includes three types of workout activities each week. All three are important to get the fittest, strongest and fastest version of you to the finish line. You can take advantage of *Audio Guided Runs* for each Speed, Long, and Recovery run within the plan.**

## SPEED RUNS

Building strength through speed training is important as you prepare. Throughout this plan you'll be introduced to a variety of speed workouts and drills that will make you faster. You'll get to do short and long intervals, fartlek, hill workouts and tempo runs. (See Types of Runs in the Glossary for definitions of these).

## LONG RUNS

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance and pacing with weekly Long Runs. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run at a comfortable pace, and as a Progression Run (See Types of Runs in the Glossary for definition of Progression Run).

## RECOVERY RUNS

Recovering from your workout days is just as important as the workouts themselves. Use these days to run easy and based on how you feel to help you recover at the highest quality possible after intense training. Each week of training includes two recovery runs. These include runs with Shalane Flanagan and some of our best NRC Coaches. Recovery Runs are just as important as your hard workouts.

## REST DAYS

*Great running is dependent on great rest and recovery. These days are meant for you to recharge and recover.* Either take the day off, try one of the workouts from "Simple Routines For Better Runs" in the NTC App or go for a few easy miles or kilometers. It is essential that you talk to and listen to your body as you progress through the training program. Sometimes you will need to adjust the program to fit what you need. And yes, that means that sometimes the best speed run or long run will be no run.



# HOW TO USE THE PACE CHART

Throughout the plan, you will see and hear references to different paces and efforts you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace and effort targets. Knowing your pace and effort targets will make your training easier.

Treat each pace target as the *middle* of a range. You may train slightly above or below these paces. They are *not* exact paces and you are *not* a robot.

You will have ample guidance regarding the proper pace and effort needed in every audio guided run. The coaches and athletes are there to guide, motivate and inspire you to be the best athlete and coach you can be.

The chart on page 8 will help you understand which pace you should aim to run during each session.



## **FIND YOUR STARTING PACE**

**To get started, you'll need to identify the row of pace targets that is right for you. You can base your pace on any of the following:**

- You could use a recent 5K, 10K, half marathon or marathon time, if you have run one. By “recent” we mean in the last month or two.
- You could use the Nike Running App and go on a few runs to determine your average pace. This will be your Recovery day pace.
- If you already run often, you could make an educated guess based on your current fitness.

**Whichever one you use, this will be your starting point to find your row of pace targets you will need on the Pace Chart.**



# PACE CHART

mile best	5k best/avg mile pace	10k best/avg mile pace	tempo avg mile pace	half marathon best/avg mile pace	marathon best/avg mile pace	recovery day pace
5:00	17:05/5:30	35:45/5:45	6:05	1:18:00/6:00	2:44:00/ 6:15	7:00
5:30	18:45/6:00	39:00/6:15	6:35	1:25:00/6:30	3:0:00/6:50	7:35
6:00	20:15/6:30	42:00/6:45	7:05	1:35:00/7:15	3:15:00/7:25	8:10
6:30	22:00/7:05	45:45/7:20	7:40	1:40:00/7:35	3:30:00/8:00	8:45
7:00	23:45/7:40	49:00/7:55	8:15	1:50:00/8:20	3:45:00/8:35	9:20
7:30	25:15/8:05	52:30/8:25	8:50	1:55:00/8:45	4:00:00/9:10	9:55
8:00	27:00/8:40	55:50/9:00	9:25	2:05:00/9:30	4:15:00/9:45	10:30
8:30	28:30/9:10	59:00/9:30	9:55	2:10:00/9:55	4:30:00/10:15	11:00
9:00	30:00/9:40	62:30/10:00	10:30	2:20:00/10:40	4:45:00/10:50	11:35
9:30	31:45/10:15	66:00/10:35	11:00	2:25:00/11:05	5:00:00/11:25	12:10
10:00	33:00/10:40	69:00/11:05	11:35	2:35:00/11:45	5:15:00/12:00	12:45
10:30	35:00/11:15	72:00/11:35	12:00	2:40:00/12:10	5:30:00/12:35	13:20
11:00	36:15/11:40	75:00/12:00	12:35	2:50:00/12:55	5:40:00/13:00	13:45
11:30	38:00/12:15	78:30/12:35	13:00	2:55:00/13:15	5:50:00/13:20	14:05
12:00	39:30/12:40	81:30/13:05	13:35	3:05:00/14:05	6:00:00/13:45	14:30





## FOR EXAMPLE

If your last race was a 27:00 minute 5K, find that 5K time under the 5K column on the Pace Chart and slide across the row left or right to find your other pace targets.

mile best	5K best/ avg mile pace	10K best/ avg mile pace	tempo avg mile pace	half marathon best/avg mile pace	marat hon best/ avg mile pace	recovery day pace
8:00	27:00/8:40	55:50/9:00	9:25	2:05:00/9:30	4:15:00/9:45	10:30

In this case, the pace targets for you are as follows:

Best Mile Pace: 8:00 minutes

5K Average Mile Pace: 8:40 minutes

10K Average Mile Pace: 9:00 minutes

Tempo Pace: 9:25 minutes

Marathon Average Mile Pace: 9:45 minutes

## ANOTHER EXAMPLE

If your Best Mile time is 9:30, find that Best Mile time on the Pace Chart and slide across to see your other average mile pace targets.

mile best	5k best/ avg mile pace	10k best/ avg mile pace	tempo avg mile pace	half marathon best/ avg mile pace	marathon best/ avg mile pace	recovery day pace
9:30	31:45/10:15	66:00/10:35	11:00	2:25:00/11:05	5:00:00/11:25	12:10

Here, your pace targets for you are as follows:

Best Mile Pace: 9:30 minutes

5K Average Mile Pace: 10:15 minutes

10K Average Mile Pace: 10:35 minutes

Tempo Pace: 11 minutes

Marathon Average Mile Pace: 11:25 minutes



# THINGS TO KNOW

**When you have your range of pace targets, it helps to understand a few things about how you will use them:**

- When in doubt be sure to focus on effort. Paces can change due to many factors including but not limited to changes in fitness, weather, elevation, stress, fatigue, and lack of sleep. Be sure to listen to your body and not just focus on the numbers on your watch or phone.
- As you make your way through the training there will be days you may be a little ahead of pace, and other days a little behind. Remember that the paces are only to be used as a guide. You will have good days and bad days as an athlete. Be flexible with your expectations. Hopefully, you will be increasing your fitness each week and your paces will increase in speed as you go.
- When this plan is completed and you head out for race day be confident in all the work you have done. It is that work that will take you to new fitness levels, faster paces, this starting line and all the ones beyond.



# GLOSSARY

**This glossary elaborates on the running-specific terms you'll see referenced throughout this plan. It's important to understand the different types of runs that this plan includes in order to get the most out of the full training journey.**

## AUDIO GUIDED RUN

The Nike Run Club app offers a library of Audio Guided Runs. You can find long and short runs, duration as well as distance-based runs and speed runs of all types including fartlek, interval and tempo runs. Some of our best coaches and athletes will meet you at the starting line to guide, motivate and inspire you to a better run. Every training run in this plan has an accompanying Audio Guided Run. You can run alone, or you can run with us. As always, the choice is yours.

## TYPES OF RUNS

### PROGRESSION RUN

Progression Runs improve stamina and allow the body to adapt to the stress of running. Build your pace over the course of each run by starting at a slower than Recovery Run pace and finishing at a faster than Recovery Run pace. Over the course of the run you will average your Recovery Run pace. This progression from the slowest running of the run to the fastest running of the run allows your body to ease into the run and adjust to the activity of running in a natural way. Your Long and Recovery Runs should be run as Progression Runs.

### INTERVALS

Intervals refer to a Speed Run session that includes a set of running and rest intervals. There are any number of variations one could use when doing an interval Speed Run. The distance or duration as well as the pace and effort of the running interval can remain the same or change over the course of the workout. The recovery interval duration is another element of the Speed Run that can remain static or change during the workout. Ideally a session like this takes place on a track but does not need to. Any location that allows you to run freely is suitable for an interval-based Speed Run.



## TYPES OF RUNS (CONTINUED)

### FARTLEK

Fartlek is loosely translated from Swedish to “speed play”. Fartlek works on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one minute running easy followed by one minute running hard, repeated for a certain amount of minutes, miles or alternating every city block.

### HILLS

Hill workouts develop speed and form. It takes extra effort to run uphill so you do not need to run as fast as you would on a flat section. While running uphill, remain in control of your breathing. Don't lean too far forward. A light lean with the chin leading the chest is enough. Running up hills is a great way to develop speed and strength with minimal pounding on the legs. It's best to use effort as a guide rather than pace when doing a hill workout.

### TEMPO RUN

A Tempo Run is a hard but controlled pace that can be run as long intervals or a steady run of 1-10 miles. The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable.



## TYPES OF PACE

We've divided our paces into 6 speeds that we'll reference throughout the training program.

### **BEST PACE (?? OUT OF 10 EFFORT)**

This is the pace that makes you feel like you are at your best. Sometimes this may mean your fastest and sometimes this will mean running easier. The pace and effort you run will be your choice.

### **MILE PACE (9 OUT OF 10 EFFORT)**

This is the pace you could race or run hard for one mile.

### **5K PACE (7-8 OUT OF 10 EFFORT)**

This is the pace you could race or run hard for about 3 miles.

### **10K PACE (6-7 OUT OF 10 EFFORT)**

This is the pace you could race or run hard for about 6 miles.

### **TEMPO PACE (6 OUT OF 10 EFFORT)**

Teaching your body to be comfortable being uncomfortable by maintaining a hard pace and effort that is close to 30-35 seconds slower than your 5K pace.

### **RECOVERY PACE (4-5 OUT OF 10 EFFORT)**

A pace easy enough that you can talk, laugh or argue freely while running.



# IF YOU...

**Everyone's training journey is different. But there are some recurring challenges and questions that many runners encounter along the way. Here's how to understand and overcome these common hurdles on your road to race day.**

## **IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE,**

Then adjust the training schedule to your needs. No training plan should ever be seen as written in stone. Instead, look at this training program as written in pencil and you have both an eraser and a pencil to make adjustments as you see fit. You are not only the athlete here... you are also the Head Coach. For best results, be sure to space out hard efforts like Speed Runs and Long Runs. Use the Recovery Runs and Rest Days to allow your body to recharge from the harder efforts.

## **IF YOU DON'T KNOW HOW TO FIGURE OUT YOUR PACE,**

Then experiment until you find it. When you're out running, you run on feel. You have different gears whether you realize it or not. Be patient, pay attention and have fun experimenting with your comfort level while running at different speeds across different distances. The coaches and athletes in the Audio Guided Runs will help you find the right pace for you. Use the Nike Run Club App while you run to keep track of your paces, and use our Pace Chart guidelines on page 8 to find your pace targets.

## **IF YOU'RE TIRED,**

Figure out why. Feeling fatigued is normal as your training progresses, but make sure you're supporting yourself in all other aspects of your life: get enough sleep, eat right, hydrate properly, respect Recovery days and wear the proper shoes. Sometimes the best training is to focus on recovery and rest.

## **IF YOU LACK MOTIVATION,**

Look for inspiration. Even where you don't expect to find it—like on a run that you don't want to do. And remember, if you are willing to look for motivation that means you've already got some! Be kind and patient with yourself... and you'll find that inspiration and motivation you need.



## **IF YOU HAVE A TERRIBLE RUN,**

Move on to the next one. Some runs are just terrible—sometimes there's no reason, sometimes there is. Take a moment to see if there's a reason and learn something about yourself if there is. Being comfortable with a bad run is just as important as the joy of a great run.

## **IF YOU'RE HURT,**

Stop running. There is a difference between hurting and being hurt. It's essential to listen to and learn from your body throughout your training. Sometimes missing miles in the present lets you run better miles in the future. We know it's not easy for an athlete to hold back or take off some days. That's why it's important you look at yourself as both an athlete *and a coach*.

## **IF YOU FEEL LIKE YOU NEED TO ADJUST THE RECOMMENDED TRAINING ON ANY GIVEN DAY,**

Adjust! Remember, this program is a guide. The daily training recommended here is meant to serve as a starting point for you each day. We hope to give you the guidance you need to be able to coach yourself as to when to push forward, when to pull back and when it is best to maintain. The best coach for you is you because you know your fitness better than anyone else. Some days you will run the recommended training and other days you will run more or less. Listen to your body.

## **IF YOU ARE GOING TO RACE,**

Give yourself time to recover—beforehand and afterwards. You may want to back off in terms of distance or pace a few days prior to the race. Be sure to give yourself a few days of rest and recovery after it's over, too (regardless of whether or not you consider it a successful race).





**NRC**

**NRC GUIDED RUN  
5K  
TRAINING  
PLAN**



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# 08 WEEKS TO GO

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## RECOVERY RUN

***NRC Guided Run: 5 Minute Run***

5:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: First Speed Run***

*Intervals*

8 x 1:00 5K Pace

1:00 Recovery between all intervals

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## RECOVERY RUN

***NRC Guided Run: 7 Minute Run***

7:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: Next Speed Run***

*Intervals*

5:00 Warm Up

1:00 5K Pace

2:00 10K Pace

1:00 5K Pace

2 x 0:45 Mile Pace

2:00 10K Pace

1:00 5K Pace

0:45 Mile Pace

0:30 Best Pace

0:15 Best Pace

1:00 Recovery between all intervals

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## LONG RUN

***NRC Guided Run: One Mile Run***

1.6k/One Mile Run



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# 07 WEEKS TO GO

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## RECOVERY RUN

***NRC Guided Run: Ten Minute Run***

10:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: On the Move***

*Intervals*

5:00 Warm Up

0:30 Mile Pace

1:00 5K Pace

0:30 Mile Pace

2:00 10K Pace

0:30 Mile Pace

1:00 5K Pace

0:30 Mile Pace

45 seconds recovery between  
all intervals

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## SPEED RUN

***NRC Guided Run: Faster Fun***

*Intervals*

5:00 Warm Up

2:00 Mile Pace

0:30 10K Pace

1:30 Mile Pace

0:30 10K Pace

1:00 Mile Pace

0:30 10K pace

1:00 Mile Pace

0:30 10K Pace

0:30 Best Pace

30 seconds recovery between  
all intervals

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## LONG RUN

***NRC Guided Run: 15 Minute Run***

15:00 Run

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## RECOVERY RUN

***NRC Guided Run: 12 Minute Run***

12:00 Recovery Run



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# 06 WEEKS TO GO

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## RECOVERY RUN

***NRC Guided Run: Two Mile Run***

3.2K/2 Mile Run

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## RECOVERY RUN

***NRC Guided Run: Go 20 with Bill Nye***

20:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: How Fartlek Can You go?***

*Fartlek*

2 x 1:30 10K Pace

3 x 1:00 5K Pace

4 x 0:30 Mile Pace

5 x 0:15 Best Pace

This is a continuous Fartlek run. Each interval of “hard running” is followed by recovery running done at an easy effort. Duration of the recovery are equal to the length of the preceding “hard” interval that was run.

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## SPEED RUN

***NRC Guided Run: One Hard. One Easy***

*Fartlek*

5:00 Warm Up

15:00 Fartlek run

Effort alternates between 1:00 of Hard Running and 1:00 of Easy Running.

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## LONG RUN

***NRC Guided Run: Easy Run***

25:00 Run



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# 05 WEEKS TO GO

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## RECOVERY RUN

***NRC Guided Run: End of Day Run with Headspace***

25:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: Rhythm and Roll***

*Intervals*

5:00 Warm Up

0:30 Mile Pace

4 x 0:30 5K Pace

3:00 10K Pace

4 x 0:30 5K Pace

0:30 Mile Pace

Recovery is 30 seconds between all intervals

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## SPEED RUN

***NRC Guided Run: Speed Run with Sanya Richards-Ross***

*Intervals*

5:00 Warm Up

2:00 5K Pace

1:00 Mile Pace

2 x 0:15 Best Pace

Repeat entire series 3 x's

1:00 Recovery after 5K Pace

0:30 Recovery after Mile Pace and first Best Pace interval

2:00 Recovery between sets

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## LONG RUN

***NRC Guided Run: Just A Run***

30:00 Run

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## RECOVERY RUN

***NRC Guided Run: Another Mile Run***

1.6K/One Mile Run



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# 04 WEEKS TO GO

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## RECOVERY RUN

***NRC Guided Run: Morning Run with Headspace***

25:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: In the Zone***

*Intervals*

5:00 Warm Up

5 x 4:00 5K Pace

2:00 recovery after 1st and 3rd interval.

2:30 recovery after 2nd and 4th intervals

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## RECOVERY RUN

***NRC Guided Run: Don't Wanna Run Run***

25:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: Out Strong Back Fast***

*Tempo Run*

5:00 Warm Up

23:00 Tempo Run

First 12:00 running out strong and controlled

Last 11:00 running back progressively faster.

Goal is to cover same distance out and back.

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## LONG RUN

***NRC Guided Run: Fuel the Run with Shalane Flanagan***

33:00 Recovery Run



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# 03 WEEKS TO GO

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## RECOVERY RUN

***NRC Guided Run: I Need A Win Run***

30:00 Recovery Run

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## RECOVERY RUN

***NRC Guided Run: Breaking Through Barriers with Headspace***

31:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: Go Fast with Elaine Thompson***

*Intervals*

5:00 Warm Up

0:30 Mile Pace

0:15 Best Pace

0:45 Mile Pace

0:15 Best Pace

1:00 Mile Pace

0:15 Best Pace

1:15 Mile Pace

0:15 Best Pace

1:30 Mile Pace

0:15 Best Pace

Recovery will be 30 seconds after first set of Mile and Best Pace intervals and increase by 15 seconds after each subsequent set

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## SPEED RUN

***NRC Guided Run: Tempo Run with Emily Infeld***

*Tempo Run*

7:00 Warm Up

25:00 Tempo Run

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## LONG RUN

***NRC Guided Run: Four Mile Run***

6.5K/4 Mile Run



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# 02 WEEKS TO GO

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## RECOVERY RUN

***NRC Guided Run: Suckcess Run***

35:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: Runner Up***

*Hill Workout*

5:00 Warm Up

0:45 10K effort

0:15 Best effort

Repeat series 5 x's

Recovery is 75 seconds after 10K effort

And 45 seconds recovery after

Best effort

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## RECOVERY RUN

***NRC Guided Run: Stress Free Run***

25:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: Go Team Go! BTC!***

*Intervals*

8:00 Warm Up

3:00 10K Pace

1:00 Mile Pace

2:00 5K Pace

1:00 Mile Pace

2:00 5K Pace

1:00 Mile Pace

5:00 10K Pace

0:30 Best Pace

1:00 Recovery between all intervals  
except after first 10K Pace interval  
which will be 1:30 recovery

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## LONG RUN

***NRC Guided Run: 5K Run***

5K/3.1 Mile Run



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# 01 WEEK TO GO

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## RECOVERY RUN

***NRC Guided Run: 5K Head Starts***

5K/3.1 Mile Recovery Run

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## RECOVERY RUN

***NRC Guided Run: Big Day Run with Headspace***

25:00 Recovery Run

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## SPEED RUN

***NRC Guided Run: Bring It Down***

*Tempo Run*

5:00 Warmup

5:00 Recovery Run Pace

4:00 10K Pace

3:00 5K Pace

2:00 Mile Pace

1:00 Best Pace

This is to be run as a 15:00

Progression Tempo Run

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## RECOVERY RUN

***NRC Guided Run: 1K RUN***

1K/0.62 Mile Run

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## RACE DAY

***NRC Guided Run: Half Marathon Race***

5K/3.1 Miles







**NRC**