5k

Level: **Competitor**

12 week Mesocycle for 5k Race PB

Recovery	2:30 slower than 5k pace +/- 30secs	
LSR	1:50 slower than 5k pace +/- 30secs	
Easy	1:35 slower than 5k pace +/- 30secs	
Tempo	0:30 slower than 5k pace	
Intervals	0:15 faster than 5k pace	

Example for Easy Pace

5k time =	29minutes =	9:20min/miles
9:20 + 1:35	Easy Pace =	10:55min/miles +/- 30secs
Thus		

	Fast end	Median	Slow end
Easy Pace =	10:25	10:55	11:25

On some days your run may feel 'hard' and be at the slower end of the pace range; other days the same run may feel easy and be at the faster end of the range. Both are normal.

Note:
Wednesday Workouts can be subsituted for Club Group 8.
Alternatively, Tuesday night Track can be taken and the Tuesday 'Easy' run taken as an equivalent Wednesday night Group run

Weeks to go	Monday		Tues		Wednesday		Thursday		Friday		Saturday		Sunday		Total Mileage	Weeks to go
base	XT or Rec run	3.5	Easy	5	Easy	3	Recovery	4	Rest	0	Parkrun/Easy	3.1	Easy	6	21.1	base
12	XT or Rec run	3.5	Easy	4	WKT 1	5	Recovery	4	Rest	0	Parkrun/Easy	3.1	Easy	8	24.1	12
11	XT or Rec run	3.5	Easy	4	WKT 2	6.5	Recovery	4	Rest	0	Parkrun/Easy	3.1	Easy	8	25.6	11
10	XT or Rec run	3.5	Easy	5	WKT 3	6.5	Recovery	5	Rest	0	Parkrun/Easy	3.1	LSR	10	29.6	10
9	XT or Rec run	3.5	Easy	6	WKT 1	5	Recovery	6	Easy	4	Parkrun/Easy	3.1	Race	6.2	30.3	9
8	XT or Rec run	3.5	Easy	6	Easy	5	Recovery	5	Rest	0	Parkrun/Easy	3.1	LSR	10	29.1	8
7	XT or Rec run	3.5	Easy	6	WKT 2	6.5	Recovery	6	Rest	0	Parkrun/Easy	3.1	Easy	8	29.6	7
6	XT or Rec run	3.5	Easy	6	WKT 3	6.5	Recovery	6	Rest	0	Parkrun/Easy	3.1	Easy	8	29.6	6
5	XT or Rec run	3.5	Easy	6	WKT 1	5	Recovery	4	Easy	4	Parkrun Tempo	3.1	Easy	4	26.1	5
4	XT or Rec run	3.5	Easy	6	Easy	5	Recovery	5	Rest	0	Parkrun/Easy	3.1	Easy	8	27.1	4
3	XT or Rec run	3.5	Easy	6	WKT 1	5	Recovery	4	Easy	3	Parkrun Tempo	3.1	Easy	4	25.1	3
2	XT or Rec run	3.5	Easy	6	Easy	6	Recovery	4	Rest	0	Parkrun/Easy	3.1	Easy	6	25.1	2
1	XT or Rec run	3.5	Easy	4	WKT 3	6.5	Recovery	3	Rest	0	Parkrun/Easy	3.1	Goal Race	3.1	19.7	1

WKT 1	Easy		1
	Fast		0.25
	Rec		0.25
fast/rec	Repeat		x 5
	Easy		1

WKT 2	Easy		1
	Fast		0.5
	Rec		0.25
fast/rec	Repeat		x 5
	Easy		1

WKT 3	Easy		1
	Fast		1
	Rec		0.5
fast/rec	Repeat		x 2
	Easy		1