



FREE TRAINING PLAN

22 Minute 5k Training Plan

A 3-week block plus 1 recovery week for runners moving toward a 22-minute 5k and building the bridge toward sub-20.

TARGET

22:00

5k PB target

TARGET PACE

7:03/mile

4:22/km

CYCLE

4 weeks

3 build weeks + recovery

LEVEL

Advanced

Bridge toward sub-20

IS THIS PLAN RIGHT FOR YOU?

Best suited to runners who can already run close to 24 minutes for 5k and want to step up their performance with structured easy, steady and interval sessions.



FOLLOW THE PLAN IN THE APP

Scan to get RunningFastr on iPhone

<https://apps.apple.com/gb/app/runningfastr/id6759058880>

<https://www.runningfastr.com/5k-training-plan/22-minute-5k-training-plan/>

Week 1: Find controlled 22-minute pace

Introduce 1km and 800m race-pace reps while protecting the easy days.

Monday**EASY / BREAKEVEN****30 min easy**

Relaxed aerobic running. Keep this deliberately comfortable. | Pace: No quicker than 9:00/mile

Tuesday**INTERVALS / BREAKTHROUGH****3 x 1km**

Run each rep around target 5k pace. | Pace: 4:23/km / 7:03/mile | Recovery: 90s jogged recovery

Wednesday**REST / RECOVERY****Rest**

Protect the next session by actually recovering.

Thursday**INTERVALS / BREAKTHROUGH****6 x 800m**

Repeatable 800m efforts at target rhythm. | Pace: 3:29 per 800m / 7:00/mile | Recovery: 200m jogged recovery

Friday**REST / RECOVERY****Rest or cross-train**

Low-impact work only if it helps you recover.

Saturday**EASY / BREAKEVEN****30 min easy**

Short relaxed run before the long run. | Pace: Comfortable only

Sunday**LONG RUN / BREAKEVEN****Long run**

Slow and steady, kept under an hour. | Pace: Easy conversational pace

Week 2: Sharpen the legs

Use 400m reps, fartlek and 800m work to build speed without forcing the easy runs.

Monday	REST / RECOVERY Rest Recover from the long run and get ready for the week ahead.
Tuesday	INTERVALS / BREAKTHROUGH 10 x 400m Controlled reps slightly faster than 5k race pace. Pace: 1:42 per 400m / 6:50/mile Recovery: 60s standing recovery
Wednesday	EASY / BREAKEVEN 30 min easy Keep this genuinely easy and boring. Pace: No quicker than 9:00/mile
Thursday	FARTLEK / BREAKEVEN Fartlek run Unstructured speed play. Vary pace without chasing exact splits. Pace: Mixed effort
Friday	REST / RECOVERY Rest Protect the Saturday session by actually recovering.
Saturday	INTERVALS / BREAKTHROUGH 6 x 800m Repeat the 800m session and aim for even pacing. Pace: 3:29 per 800m / 7:00/mile Recovery: 200m jogged recovery
Sunday	LONG RUN / BREAKEVEN Long run Slow and steady, kept under an hour. Pace: Easy conversational pace

Week 3: Strength and rhythm

Return to 1km pace work, add hills, and keep the rest of the week controlled.

Monday	REST / RECOVERY Rest Recover from the long run and get ready for the week ahead.
Tuesday	INTERVALS / BREAKTHROUGH 3 x 1km Repeat the 1km session and practise calm race rhythm. Pace: 4:23/km / 7:03/mile Recovery: 90s jogged recovery
Wednesday	EASY / BREAKEVEN 30 min easy Do not chase pace here. Let Tuesday land. Pace: No quicker than 9:00/mile
Thursday	HILLS / BREAKTHROUGH Hills Use Kenyan hills or hill sprints to build power and running economy. Pace: Hard but controlled effort Recovery: Jog back / controlled recovery
Friday	REST / RECOVERY Rest or cross-train Back off before the weekend.
Saturday	EASY / BREAKEVEN 30 min easy Easy aerobic running only. Pace: Comfortable only
Sunday	LONG RUN / BREAKEVEN Long run Slow and steady, kept under an hour. Pace: Easy conversational pace

Recovery Week: Absorb and rebuild

Reduce training stress while keeping enough running rhythm to start another cycle.

Monday	REST / RECOVERY Rest or cross-train Low-impact movement only if it helps recovery.
Tuesday	REST / RECOVERY Rest or cross-train Keep the load low and let the legs come back.
Wednesday	EASY / BREAKEVEN 30 min easy Gentle running to keep the legs moving. Pace: Easy only
Thursday	REST / RECOVERY Rest or cross-train Prioritise recovery over extra volume.
Friday	EASY / BREAKEVEN 30 min easy Short, relaxed run. No sneaky racing. Pace: Easy only
Saturday	REST / RECOVERY Rest or cross-train Stay patient and absorb the block.
Sunday	LONG RUN / BREAKEVEN Long run Keep this slow and comfortable rather than turning it into a test. Pace: Easy conversational pace

Paces and session guide

RACE PACE

7:03/mile / 4:22/km

The pace you need to run close to 22 minutes.

TREADMILL EQUIVALENT

8.5 mph / 13.7 km/h

Useful for controlled indoor efforts.

400M SPLIT

1:44 at race pace

Use roughly 1:42 for the sharper 400m reps.

800M SPLIT

3:29

Target split for the 800m repetitions.

Breakeven sessions

These maintain fitness, support recovery and prepare you for the breakthrough sessions.

Steady run

Run no quicker than 9:00/mile. Aim around 9:00-9:30/mile when possible and stay relaxed.

Long run

Slow and steady, kept under 1 hour. This builds aerobic strength without stealing from the interval work.

Fartlek

Unstructured speed play. Use it to practise changing gears without obsessing over exact splits.

Breakthrough sessions

These are the hard sessions that move you toward the 22-minute target. Treat them as mini-milestones, not ego tests.

400m reps

Run around 1:42 per 400m, roughly 6:50/mile pace, with 60 seconds standing recovery.

800m reps

Run 3:29 per 800m, around 7:00/mile pace, with a 200m jogged recovery.

1km intervals

Run 4:22-4:23 per km, around 7:03/mile pace, with 90 seconds jogged recovery.

Hills

Alternate Kenyan hills and hill sprints to balance power and endurance.

How to use this plan

1. Start this plan when you can already run at target race pace for at least a mile or have a PB under around 24 minutes.
2. Run the 3 build weeks, then take the recovery week rather than adding a fourth hard week.

TRAINING PLAN

3. Repeat the 4-week cycle or tailor it toward your target event after the first block.
4. After 2-3 months of using the plan, take a low-key break with 2-3 days off running followed by short easy runs every other day.

YOUR NEXT PB**Sub 20 5k Training Plan**

<https://www.runningfastr.com/5k-training-plan/sub-20-5k-training-plan/>

Free plan. No subscription required. Pick your target, follow the plan, run faster.

Training guidance is general information, not personalised medical advice. Reduce or stop training if pain changes your stride or worsens.