



FREE TRAINING PLAN

24 Minute 5k Training Plan

A 3-week build plus 1 recovery week for runners building toward a 24-minute 5k.

TARGET

24:00

5k PB target

TARGET PACE

7:41/mile

4:46/km

CYCLE

4 weeks

3 build weeks + recovery

LEVEL

Intermediate

5k PB block

IS THIS PLAN RIGHT FOR YOU?

Best suited to runners who can already run around 7:41/mile for at least a mile and/or have a current 5k PB under around 26 minutes.



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/24-minute-5k-training-plan/>

Week 1: Introduce 24-minute rhythm

Use 1km and 800m work with more recovery around the harder days.

Monday

EASY / BREAKEVEN

30 min easy

Controlled aerobic running. Keep this deliberately comfortable. | Pace: No quicker than 9:40/mile

Tuesday

INTERVALS / BREAKTHROUGH

3 x 1km

Run each rep at target 5k pace. | Pace: 4:46/km / 7:41/mile | Recovery: 90s jogged recovery

Wednesday

REST / RECOVERY

Rest or cross-train

Low-impact cross-training only if it helps recovery.

Thursday

INTERVALS / BREAKTHROUGH

4 x 800m

Controlled reps at target rhythm. | Pace: 3:48 per 800m / 7:41/mile | Recovery: 200m jogged recovery

Friday

REST / RECOVERY

Rest or cross-train

Low-impact cross-training only if it helps recovery.

Saturday

REST / RECOVERY

Rest or cross-train

Low-impact cross-training only if it helps recovery.

Sunday

LONG RUN / BREAKEVEN

Long run

Slow and steady aerobic running, kept under an hour unless the plan notes otherwise. | Pace: Easy conversational pace

Week 2: Build speed and resilience

Use 400m repetitions and hills, with easy running held back.

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

Controlled aerobic running. Keep this deliberately comfortable. | Pace: No quicker than 9:40/mile

Tuesday**INTERVALS / BREAKTHROUGH****10 x 400m**

Controlled short reps at target pace. | Pace: 1:54 per 400m / 7:41/mile | Recovery: 60s standing recovery

Wednesday**EASY / BREAKEVEN****30 min easy**

Controlled aerobic running. Keep this deliberately comfortable. | Pace: No quicker than 9:40/mile

Thursday**HILLS / BREAKTHROUGH****Hills**

Use Kenyan hills or hill sprints to build power, form and running economy. | Pace: Hard but controlled effort | Recovery: Jog back / controlled recovery

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

Low-impact cross-training only if it helps recovery.

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

Controlled aerobic running. Keep this deliberately comfortable. | Pace: Comfortable only

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

Low-impact cross-training only if it helps recovery.

Week 3: Specific rhythm

Return to 1km reps, add fartlek, and keep enough space for recovery.

Monday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Tuesday	INTERVALS / BREAKTHROUGH 3 x 1km Practise calm 24-minute rhythm. Pace: 4:46/km / 7:41/mile Recovery: 90s jogged recovery
Wednesday	EASY / BREAKEVEN 30 min easy Controlled aerobic running. Keep this deliberately comfortable. Pace: No quicker than 9:40/mile
Thursday	FARTLEK / BREAKEVEN Fartlek run Unstructured speed play. Vary the effort without chasing exact splits. Pace: Mixed effort
Friday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Saturday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Sunday	LONG RUN / BREAKEVEN Long run Slow and steady aerobic running, kept under an hour unless the plan notes otherwise. Pace: Easy conversational pace

Recovery Week: Absorb and reset

Reduce load and keep just enough easy running to stay loose.

Monday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Tuesday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Wednesday	EASY / BREAKEVEN 30 min easy Controlled aerobic running. Keep this deliberately comfortable. Pace: Easy only
Thursday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Friday	EASY / BREAKEVEN 30 min easy Controlled aerobic running. Keep this deliberately comfortable. Pace: Easy only
Saturday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Sunday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.

Paces and session guide

RACE PACE

7:41/mile / 4:46/km

The pace you need to run close to 24 minutes.

TREADMILL EQUIVALENT

7.8 mph / 12.5 km/h

Useful for controlled indoor efforts.

400M SPLIT

1:54 at race pace

Use 1:54 per 400m for the speed repetitions.

800M SPLIT

3:48

Target split for 800m repetitions.

Breakeven sessions

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

Steady / easy run

Easy running should be no quicker than 9:40/mile. Aim somewhere around 9:40-10:10/mile.

Long run

Keep the long run slow and steady, generally under an hour.

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 target. Treat them as mini-milestones, not ego tests.

400m reps

Run around 1:54 per 400m at roughly 7:41/mile pace with 60 seconds standing recovery.

800m reps

Run 3:48 per 800m at about 7:41/mile pace with a 200m jogged recovery.

1km intervals

Hit 4:46/km at around 7:41/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 pace for around a mile or have a PB under around 26 minutes.
2. Use the recovery week after the three build weeks rather than stacking another hard week on top.

TRAINING PLAN

3. Repeat the 4-week cycle or tailor the final block toward a specific 5k event.
4. After 2-3 months using the plan, take a couple of low-key weeks with 2-3 days off followed by easy running.

YOUR NEXT PB**22 Minute 5k Training Plan**

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