FREE TRAINING PLAN

28 Minute 5k Training Plan

A 3-week build plus 1 recovery week for runners progressing from sub-30 toward a 28-minute 5k.

TARGET

28:00

5k PB target

TARGET PACE

9:00/mile

5:35/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 9:00/mile for at least a mile and/or have a current 5k PB under around 30 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/28-minute-5k-training-plan/

WEEK 1 SCHEDULE

Week 1: Find 28-minute rhythm

Introduce 1km and 800m repetitions while protecting recovery.

Monday

EASY / BREAKEVEN

30 min easy

Controlled aerobic running. Keep this deliberately comfortable. | Pace: No quicker than 11:00/mile

Tuesday

INTERVALS / BREAKTHROUGH

3 x 1km

Run each rep at target 5k rhythm. | Pace: 5:37/km / 9:00/mile | Recovery: 90s jogged recovery

Wednesday

EASY / BREAKEVEN

30 min easy

Controlled aerobic running. Keep this deliberately comfortable. | Pace: No quicker than 11:00/mile

Thursday

INTERVALS / BREAKTHROUGH

4 x 800m

Controlled reps at target rhythm. | Pace: 4:29 per 800m / 9:00/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 SCHEDULE

Week 2: Sharpen then recover

Use faster 400m repetitions and hills, with easy volume kept sensible.

Monday

REST / RECOVERY

Rest or cross-train

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

Tuesday

INTERVALS / BREAKTHROUGH

10 x 400m

Controlled short reps slightly sharper than race pace. | Pace: 2:12 per 400m / 8:50/mile | Recovery: 60s standing recovery

Wednesday

EASY / BREAKEVEN

30 min easy

Controlled aerobic running. Keep this deliberately comfortable. | Pace: No quicker than 11:00/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

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 3 SCHEDULE

Week 3: Specific strength

Bring back 800m work, add fartlek, and keep the weekend steady.

Monday

EASY / BREAKEVEN

30 min easy

Controlled aerobic running. Keep this deliberately comfortable. | Pace: No quicker than 11:00/mile

Tuesday

INTERVALS / BREAKTHROUGH

4 x 800m

Repeatable reps at target rhythm. | Pace: 4:29 per 800m / 9:00/mile | Recovery: 200m jogged recovery

Wednesday

REST / RECOVERY

Rest or cross-train

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

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

EASY / BREAKEVEN

30 min easy

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

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 SCHEDULE

Recovery Week: Absorb and reset

Back off and keep the legs ticking over with two easy runs.

Monday

REST / RECOVERY

Rest or cross-train

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

Tuesday

EASY / BREAKEVEN

30 min easy

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

Wednesday

REST / RECOVERY

Rest or cross-train

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

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

Paces and session guide

RACE PACE

9:00/mile / 5:35/km

The pace you need to run close to 28 minutes.

TREADMILL EQUIVALENT

6.7 mph / 10.7 km/h

Useful for controlled indoor efforts.

400M SPLIT

2:13 at race pace

Use roughly 2:12 for the sharper 400m reps.

800M SPLIT

4:27

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 11:00/mile. Aim somewhere around 11:00-11:30/mile.

Long run

Keep the long run under an hour and avoid worrying about pace.

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 2:12 per 400m at roughly 8:50/mile pace with 60 seconds standing recovery.

800m reps

Run around 4:29 per 800m at about 9:00/mile pace with a 200m jogged recovery.

1km intervals

Hit roughly 5:37/km at about 9:00/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 close to 9:00/mile for a mile or have a PB under around 30 minutes.
2. Run the 3 build weeks, then take the recovery week to let the work land.

3. Repeat the 4-week cycle if you need more time before your goal 5k.
4. After 2-3 months using the plan, take a couple of low-key weeks with easier running and more recovery.

YOUR NEXT PB

26 Minute 5k Training Plan

https://www.runningfastr.com/5k-training-plan/26-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.