



FREE TRAINING PLAN

30 Minute 5k Training Plan

A 3-week build plus 1 recovery week for runners working toward the classic sub-30 5k barrier.

TARGET

Sub 30

30:00 5k barrier

TARGET PACE

9:40/mile

6:00/km

CYCLE

4 weeks

3 build weeks + recovery

LEVEL

Beginner

5k PB block

IS THIS PLAN RIGHT FOR YOU?

Best suited to runners who can already run at around 9:40/mile for at least a mile and/or have a current 5k PB under around 32 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/sub-30-minute-5k-training-plan/>

Week 1: Build the first rhythm

Introduce 1km and 800m repetitions while keeping plenty of recovery around them.

Monday

EASY / BREAKEVEN

30 min easy

Controlled aerobic running. Keep this deliberately comfortable. | Pace: No quicker than 11:40/mile

Tuesday

INTERVALS / BREAKTHROUGH

3 x 1km

Run each rep at target 5k rhythm. | Pace: 6:00/km / 9:40/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 repetitions at target race pace. | Pace: 4:48 per 800m / 9:40/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. Keep the effort comfortable. | Pace: Easy conversational pace

Week 2: Add controlled speed

Use 400m work and another 800m session without adding too much extra running load.

Monday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Tuesday	INTERVALS / BREAKTHROUGH 10 x 400m Short controlled reps at target pace. Pace: 2:24 per 400m / 9:40/mile Recovery: 60s standing recovery
Wednesday	EASY / BREAKEVEN 30 min easy Controlled aerobic running. Keep this deliberately comfortable. Pace: No quicker than 11:40/mile
Thursday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Friday	REST / RECOVERY Rest or cross-train Protect the Saturday session by actually recovering.
Saturday	INTERVALS / BREAKTHROUGH 4 x 800m Repeatable 800m efforts at target rhythm. Pace: 4:48 per 800m / 9:40/mile Recovery: 200m jogged recovery
Sunday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.

Week 3: Repeat and consolidate

Return to the 1km session and keep the rest of the week light enough to absorb the work.

Monday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Tuesday	INTERVALS / BREAKTHROUGH 3 x 1km Practise calm race rhythm. Pace: 6:00/km / 9:40/mile Recovery: 90s jogged recovery
Wednesday	REST / RECOVERY Rest or cross-train Low-impact cross-training only if it helps recovery.
Thursday	EASY / BREAKEVEN 30 min easy Controlled aerobic running. Keep this deliberately comfortable. Pace: Easy only
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 the block

Reduce impact while keeping the legs moving a couple of times.

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

9:40/mile / 6:00/km

The pace you need to run close to 30 minutes.

TREADMILL EQUIVALENT

6.2 mph / 10.0 km/h

Useful for controlled indoor efforts.

400M SPLIT

2:24 at race pace

Use 2:24 per 400m for the main speed repetitions.

800M SPLIT

4:48

Target split for 800m repetitions.

Breakeven sessions

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

Steady / easy run

Run no quicker than 11:40/mile. Aim somewhere around 11:40-12:10/mile and keep it relaxed.

Long run

Slow and steady. This does not need to be longer than about 60-75 minutes.

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 2:24 per 400m at roughly 9:40/mile pace with 60 seconds standing recovery.

800m reps

Run 4:48 per 800m at around 9:40/mile pace with a 200m jogged recovery.

1km intervals

Aim for 6:00/km or around 9:35-9:40/mile with 90 seconds jogged recovery.

How to use this plan

1. Start this plan when you can already run at target race pace for around a mile or have a PB under roughly 32 minutes.
2. Run the 3 build weeks, then take the recovery week rather than adding another hard week.
3. Repeat the 4-week cycle or tailor the final block toward a target parkrun or 5k event.
4. Do not start this plan if you cannot commit to at least 3 sessions per week.

YOUR NEXT PB

28 Minute 5k Training Plan

<https://www.runningfastr.com/5k-training-plan/28-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.