14-Week 5K Training Plan: Build Frequency Before Speed

Printable week-by-week summary (not a day-by-day calendar).

Plan page: https://26weeks.ai/blog/training/5k/14-week-plan
Race date: (not set)

Week-by-week

Use this as a high-level map. Keep easy days easy, protect the long run, and avoid panic make-up workouts.

Week 1 — Base
Weekly load: 18.8–29.2 km
Focus: Build consistency and mechanics; keep easy days easy.
Long: 45 min long run (easy + relaxed strides)
Key: Strides + hill sprints
Key: Easy aerobic + strength

Week 2 — Base
Weekly load: 19.6–30.4 km
Focus: Build consistency and mechanics; keep easy days easy.
Long: 49 min long run (easy + relaxed strides)
Key: Strides + hill sprints
Key: Easy aerobic + strength

Week 3 — Base
Weekly load: 20.4–31.6 km
Focus: Build consistency and mechanics; keep easy days easy.
Long: 52 min long run (easy + relaxed strides)
Key: Strides + hill sprints
Key: Easy aerobic + strength

Week 4 — Base
Weekly load: 16.3–25.3 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 48 min long run (easy + relaxed strides)
Key: Strides + hill sprints
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 5 — Build
Weekly load: 22–34 km
Focus: Add threshold work while protecting recovery.
Long: 1h long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Intervals (fast aerobic, controlled)

Week 6 — Build
Weekly load: 22.8–35.2 km
Focus: Add threshold work while protecting recovery.
Long: 1h 3m long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Intervals (fast aerobic, controlled)

Week 7 — Build
Weekly load: 23.6–36.4 km
Focus: Add threshold work while protecting recovery.
Long: 1h 7m long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Intervals (fast aerobic, controlled)

Week 8 — Build
Weekly load: 18.9–29.1 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 1h long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 9 — Build
Weekly load: 25.2–38.8 km
Focus: Add threshold work while protecting recovery.
Long: 1h 14m long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Intervals (fast aerobic, controlled)

Week 10 — Peak
Weekly load: 26–40 km
Focus: Sharpen race-specific speed without racing workouts.
Long: 1h 18m long run (easy; add controlled steady blocks)
Key: 5K-pace reps (controlled)
Key: Speed endurance (controlled)

Week 11 — Peak
Weekly load: 26.8–41.2 km
Focus: Sharpen race-specific speed without racing workouts.
Long: 1h 21m long run (easy; add controlled steady blocks)
Key: 5K-pace reps (controlled)
Key: Speed endurance (controlled)

Week 12 — Peak

Weekly load: 21.4–33 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 1h 12m long run (easy; add controlled steady blocks)
Key: 5K-pace reps (controlled)
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 13 — Taper

Weekly load: 19.3–29.7 km
Focus: Reduce load; keep rhythm; arrive fresh.
Long: 1h 8m long run (short + relaxed strides)
Key: Short sharpening reps
Key: Easy aerobic + sleep focus

Week 14 — Taper

Weekly load: 13.4–20.6 km
Focus: Race week: arrive rested. Any load range covers pre-race training only, excluding the race.
Long: The race replaces the long run. Keep other runs short, easy and familiar.
Key: Brief familiar race-pace efforts or relaxed strides only if recovered; full easy recovery
Key: Easy running or rest, race logistics and familiar fueling

Generated by 26weeks.ai. Always adjust for health, sleep, and life constraints.