

# Running Training Plan

Chart showing repetition times for interval training at various distances based on known race performance.

## Instructions

Find a known recent race performance from the columns on the left. Take your rep time from the same line in the required column on the right.

## Example

You recently ran 60 minutes for 10k and you want to run a session of 1km reps. Your rep times will be 5mins 42secs. See notes on foot of page 2.

Race time			Repetition distance					
5k	10k	Half M	400m	800m	1000m	1200m	1600m	1 mile
30.52	65.00	2.24.59	2.16	4.41	6.10	7.11	9.53	9.56
30.23	64.00	2.22.45	2.14	4.37	6.05	7.04	9.43	9.47
29.55	63.00	2.20.32	2.12	4.33	5.59	6.58	9.34	9.38
29.26	62.00	2.18.18	2.10	4.28	5.53	6.51	9.25	9.28
28.58	61.00	2.16.04	2.08	4.24	5.48	6.45	9.16	9.19
28.29	60.00	2.13.50	2.06	4.20	5.42	6.38	9.07	9.10
28.01	59.00	2.11.36	2.04	4.15	5.36	6.31	8.58	9.01
27.32	58.00	2.09.22	2.02	4.11	5.30	6.25	8.49	8.52
27.04	57.00	2.07.09	2.00	4.07	5.25	6.18	8.40	8.43
26.35	56.00	2.04.55	1.57	4.02	5.19	6.11	8.30	8.33
26.07	55.00	2.02.41	1.55	3.58	5.13	6.05	8.21	8.24
25.38	54.00	2.00.27	1.53	3.54	5.08	5.58	8.12	8.15
25.10	53.00	1.58.13	1.51	3.49	5.02	5.51	8.03	8.06
24.41	52.00	1.55.59	1.49	3.45	4.56	5.45	7.54	7.57
24.13	51.00	1.53.46	1.47	3.41	4.51	5.38	7.45	7.48
23.44	50.00	1.51.32	1.45	3.36	4.45	5.32	7.36	7.38
23.30	49.30	1.50.25	1.44	3.34	4.42	5.28	7.31	7.34
23.16	49.00	1.49.18	1.43	3.32	4.39	5.25	7.27	7.29
23.02	48.30	1.48.11	1.42	3.30	4.36	5.22	7.22	7.25
22.47	48.00	1.47.04	1.41	3.28	4.33	5.18	7.18	7.20
22.33	47.30	1.45.57	1.40	3.26	4.31	5.15	7.13	7.15
22.19	47.00	1.44.50	1.39	3.24	4.28	5.12	7.08	7.11
22.05	46.30	1.43.43	1.37	3.21	4.25	5.08	7.04	7.06
21.50	46.00	1.42.36	1.36	3.19	4.22	5.05	6.59	7.02
21.36	45.30	1.41.29	1.35	3.17	4.19	5.02	6.55	6.57
21.22	45.00	1.40.23	1.34	3.15	4.16	4.58	6.50	6.53
21.08	44.30	1.39.16	1.33	3.13	4.14	4.55	6.46	6.48
20.53	44.00	1.38.09	1.32	3.11	4.11	4.52	6.41	6.43
20.39	43.30	1.37.02	1.31	3.08	4.08	4.48	6.37	6.39
20.25	43.00	1.35.55	1.30	3.06	4.05	4.45	6.32	6.34
20.11	42.30	1.34.48	1.29	3.04	4.02	4.42	6.27	6.30
19.56	42.00	1.33.41	1.28	3.02	3.59	4.39	6.23	6.25
19.42	41.30	1.32.34	1.27	3.00	3.56	4.35	6.18	6.20

5k	10k	Half M	400m	800m	1000m	1200m	1600m	1 mile
19.28	41.00	1.31.27	1.26	2.58	3.54	4.32	6.14	6.16
19.14	40.30	1.30.20	1.25	2.55	3.51	4.29	6.09	6.11
18.59	40.00	1.29.13	1.24	2.53	3.48	4.25	6.05	6.07
18.45	39.30	1.28.06	1.23	2.51	3.45	4.22	6.00	6.02
18.31	39.00	1.27.00	1.22	2.49	3.42	4.19	5.56	5.58
18.17	38.30	1.25.53	1.21	2.47	3.39	4.15	5.51	5.53
18.02	38.00	1.24.46	1.20	2.45	3.36	4.12	5.46	5.48
17.48	37.30	1.23.39	1.19	2.42	3.34	4.09	5.42	5.44
17.34	37.00	1.22.32	1.18	2.40	3.31	4.05	5.37	5.39
17.20	36.30	1.21.25	1.17	2.38	3.28	4.02	5.33	5.35
17.06	36.00	1.20.18	1.15	2.36	3.25	3.59	5.28	5.30
16.51	35.30	1.19.11	1.14	2.34	3.22	3.55	5.24	5.25
16.37	35.00	1.18.04	1.13	2.32	3.19	3.52	5.19	5.21
16.23	34.30	1.16.57	1.12	2.29	3.17	3.49	5.14	5.16
16.09	34.00	1.15.50	1.11	2.27	3.14	3.45	5.10	5.12
15.54	33.30	1.14.43	1.10	2.25	3.11	3.42	5.05	5.07
15.40	33.00	1.13.37	1.09	2.23	3.08	3.39	5.01	5.03
15.26	32.30	1.12.30	1.08	2.21	3.05	3.36	4.56	4.58
15.12	32.00	1.11.23	1.07	2.19	3.02	3.32	4.52	4.53
14.57	31.30	1.10.16	1.06	2.16	2.59	3.29	4.47	4.49
14.43	31.00	1.09.09	1.05	2.14	2.57	3.26	4.43	4.44
14.29	30.30	1.08.02	1.04	2.12	2.54	3.22	4.38	4.40
14.15	30.00	1.06.55	1.03	2.10	2.51	3.19	4.33	4.35
14.00	29.30	1.05.48	1.02	2.08	2.48	3.16	4.29	4.30
13.46	29.00	1.04.41	1.01	2.06	2.45	3.12	4.24	4.26
13.32	28.30	1.03.34	1.00	2.03	2.42	3.09	4.20	4.21
13.18	28.00	1.02.27	0.59	2.01	2.40	3.06	4.15	4.17

## Notes

The times given in the chart should be considered as a starting point; no one size fits all. Some self-coaching might be required to fine tune the times according to a runners own strengths.

The columns on the left can be used for predicting times at the other distances. They are calculated according to known and [well-researched formulae](#). However, all runners have different strengths and some variation is expected. This can be quite revealing for you. e.g. If you cannot achieve the half marathon time indicated from your 5k time then maybe you should be focusing on longer reps to develop speed endurance.

## Recoveries

Typical recovery times for the shorter 400 reps will be equal to the rep time (easy jogging for half the distance is a useful guide). For 1600m or mile reps, a good starting point would be 2 minute recoveries, aiming to cut recovery times as fitness develops.

The aim for the interval session is to run each rep at a consistent pace, if you fade on the latter reps then you are running too fast, so slow down and/or increase the recovery time. The recoveries should be active, i.e. not just standing around; keep moving to keep the blood circulating strongly through muscles.

## Volume

Those new to interval training could start with a simple 10x400m session with 200m easy jog recoveries. A typical 1km session would be 5x1k with 2 minute easy jog recoveries. Twenty to thirty minutes (or around 5-8k) of hard running is usually ideal for these sessions.

## Development

As fitness improves, race times will come down and reps can be run faster. Development can be derived from:

- running faster reps
- more reps
- shorter recoveries.

Short recoveries are very effective, because they train our bodies to be able to sustain harder running whilst fatigued.