Running Training Plan

This chart shows repetition times for interval training at 5k pace for various rep 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.

Notes
The times given in the chart are based on 5k race time (or predicted 5k race time from another distance event).

The times should be considered as a starting point depending on the individual and also on the purpose of the training session.

Some self-coaching might be required to fine tune the times according to a runners own strengths and objectives.

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 us to sustain harder running whilst fatigued.

5k	10k	Half M	400m	800m	1000m	1200m	1600m	1 mile
30.52	65.00	2.24.59	2.28	4.56	6.10	7.24	9.53	9.56
30.23	64.00	2.22.45	2.26	4.52	6.05	7.18	9.43	9.47
29.55	63.00	2.20.32	2.24	4.47	5.59	7.11	9.34	9.38
29.26	62.00	2.18.18	2.21	4.43	5.53	7.04	9.25	9.28
28.58	61.00	2.16.04	2.19	4.38	5.48	6.57	9.16	9.19
28.29	60.00	2.13.50	2.17	4.33	5.42	6.50	9.07	9.10
28.01	59.00	2.11.36	2.14	4.29	5.36	6.43	8.58	9.01
27.32	58.00	2.09.22	2.12	4.24	5.30	6.36	8.49	8.52
27.04	57.00	2.07.09	2.10	4.20	5.25	6.30	8.40	8.43
26.35	56.00	2.04.55	2.08	4.15	5.19	6.23	8.30	8.33
26.07	55.00	2.02.41	2.05	4.11	5.13	6.16	8.21	8.24
25.38	54.00	2.00.27	2.03	4.06	5.08	6.09	8.12	8.15

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5k	10k	Half M	400m	800m	1000m	1200m	1600m	1 mile
25.10	53.00	1.58.13	2.01	4.02	5.02	6.02	8.03	8.06
24.41	52.00	1.55.59	1.58	3.57	4.56	5.55	7.54	7.57
24.13	51.00	1.53.46	1.56	3.52	4.51	5.49	7.45	7.48
23.44	50.00	1.51.32	1.54	3.48	4.45	5.42	7.36	7.38
23.30	49.30	1.50.25	1.53	3.46	4.42	5.38	7.31	7.34
23.16	49.00	1.49.18	1.52	3.43	4.39	5.35	7.27	7.29
23.02	48.30	1.48.11	1.51	3.41	4.36	5.32	7.22	7.25
22.47	48.00	1.47.04	1.49	3.39	4.33	5.28	7.17	7.20
22.33	47.30	1.45.57	1.48	3.36	4.31	5.25	7.13	7.15
22.19	47.00	1.44.50	1.47	3.34	4.28	5.21	7.08	7.11
22.05	46.30	1.43.43	1.46	3.32	4.25	5.18	7.04	7.06
21.50	46.00	1.42.36	1.45	3.30	4.22	5.14	6.59	7.02
21.36	45.30	1.41.29	1.44	3.27	4.19	5.11	6.55	6.57
21.22	45.00	1.40.23	1.43	3.25	4.16	5.08	6.50	6.53
21.08	44.30	1.39.16	1.41	3.23	4.14	5.04	6.46	6.48
20.53	44.00	1.38.09	1.40	3.20	4.11	5.01	6.41	6.43
20.39	43.30	1.37.02	1.39	3.18	4.08	4.57	6.36	6.39
20.25	43.00	1.35.55	1.38	3.16	4.05	4.54	6.32	6.34
20.11	42.30	1.34.48	1.37	3.14	4.02	4.51	6.28	6.30
19.56	42.00	1.33.41	1.36	3.11	3.59	4.47	6.23	6.25
19.42	41.30	1.32.34	1.35	3.09	3.56	4.44	6.18	6.20
19.28	41.00	1.31.27	1.33	3.07	3.54	4.40	6.14	6.16
19.14	40.30	1.30.20	1.32	3.05	3.51	4.37	6.09	6.11
18.59	40.00	1.29.13	1.31	3.02	3.48	4.33	6.04	6.07
18.45	39.30	1.28.06	1.30	3.00	3.45	4.30	6.00	6.02
18.31	39.00	1.27.00	1.29	2.58	3.42	4.27	5.56	5.58
18.17	38.30	1.25.53	1.28	2.56	3.39	4.23	5.51	5.53
18.02	38.00	1.24.46	1.27	2.53	3.36	4.20	5.46	5.48
17.48	37.30	1.23.39	1.25	2.51	3.34	4.16	5.42	5.44
17.34	37.00	1.22.32	1.24	2.49	3.31	4.13	5.37	5.39
17.20	36.30	1.21.25	1.23	2.46	3.28	4.10	5.33	5.35
17.06	36.00	1.20.18	1.22	2.44	3.25	4.06	5.28	5.30
16.51	35.30	1.19.11	1.21	2.42	3.22	4.03	5.24	5.25
16.37	35.00	1.18.04	1.20	2.40	3.19	3.59	5.19	5.21
16.23	34.30	1.16.57	1.19	2.37	3.17	3.56	5.15	5.16
16.09	34.00	1.15.50	1.18	2.35	3.14	3.53	5.10	5.12
15.54	33.30	1.14.43	1.16	2.33	3.11	3.49	5.05	5.07
15.40	33.00	1.13.37	1.15	2.30	3.08	3.46	5.01	5.02
15.26	32.30	1.12.30	1.14	2.28	3.05	3.42	4.56	4.58
15.12	32.00	1.11.23	1.13	2.26	3.02	3.39	4.52	4.53
14.57	31.30	1.10.16	1.12	2.24	2.59	3.35	4.47	4.49
14.43	31.00	1.09.09	1.11	2.21	2.57	3.32	4.43	4.44
14.29	30.30	1.08.02	1.10	2.19	2.54	3.29	4.38	4.40
14.15	30.00	1.06.55	1.08	2.17	2.51	3.25	4.34	4.35
14.00	29.30	1.05.48	1.07	2.14	2.48	3.22	4.29	4.30
13.46	29.00	1.04.41	1.06	2.12	2.45	3.18	4.24	4.26
13.32	28.30	1.03.34	1.05	2.10	2.42	3.15	4.20	4.21
13.18	28.00	1.02.27	1.04	2.08	2.40	3.12	4.15	4.17