

### Chapter 1 : Six week schedule to run 5k in under 18 minutes - runbritain

*Sub 20 5k Training Plan Target Race Pace: per mile / per km for a sub 20 5k In order to achieve a sub 20 5k you will need to be able to run just under a target race pace of minutes per mile pace for the full mile distance.*

The most important thing is not to rush. The moment you start becoming impatient, a number of issues will occur. Psychologically you become frustrated and, as a result, everything else will suffer. You will also start rushing things like training, or pushing yourself more than you should, which will lead to injuries. In no particular order, an intervals session, a mile run and a 5K run. Different types of sessions are as follows: Six by two minutes with a minute rest in between each rep. One, two, three, three, two and one minutes, with a minute rest in between each rep. Or 30, 60, 90, 90, 60, second reps with a second rest in between each rep. Running further than your desired distance will build both stamina and fitness. Hand in hand with your intervals, being able to run longer for faster will make you even quicker over short periods. To get quicker at 5Ks you need to run 5Ks. Practice really does make perfect, and being able to get used to the distance as much as possible and what your body can achieve is crucial to getting your time down. If you feel like you want to add more, than resistance training is great. Using your own body weight for press ups and crunches will improve strength and power. Work your way up, week by week. Being a runner is about lean strength. The lesser the body fat the better. No crisps, chocolate and fast food. Well, at least to begin with. Breaking through the first couple of weeks is the toughest, after that, you can reward yourself with a slither of chocolate on a Friday, or a glass of wine. More specifically, take a look at our breakfasts, lunches and dinners for runners for more ideas. Setting off too quickly is a problem for even the best runners. Keeping the same pace is the best way of assuring you have enough left in the tank for a sprint ish finish. This is why practicing 5K runs becomes even more crucial. Admittedly, this is very hard to do without a device – having a running watch which can guide you is a great way of keeping you on track. Failing that, a regular stopwatch to count your minutes should work just as fine. You want to keep things very simple. For the two nights previous, try and get at least seven hours sleep. The rest is fairly simple; make sure everything is prepared a day in advance: Lastly, we wish you luck.

## Chapter 2 : 5K Training Plan

*This plan is ideal for intermediate runners who want to achieve a time goal of sub 20 minutes for a 5k race and have 4-6 hours of training time each week. Please note that some additional stretching and massage is also integrated in the plan.*

One thing I think is key to properly preparing yourself for your best performance at that distance is to do so much running at your goal pace that it becomes ingrained in your head. If you are not sure what your race pace is, you can work it out here. Early on in the base phase it should be done in small doses, with lots of rest, and with a focus on feeling relaxed at the pace and being as smooth and efficient as possible at that speed and rhythm. As you get closer to the specific phase, you should mix in some sessions where you run the pace when you are very tired, such as a fast last m or a tempo run, or a couple of reps at the end of a long run. This will teach your body that it can run that pace even when it feels like crap. As you enter into the specific phase, you want to get your body used to the muscular demands of running the full volume of the race at your goal pace. So you need to put some rest in. Whatever rest you need is fine; this is your starting point. Workouts to get you ready to race a fast 5k If you want to get ready for a race, you need to get ready for the demands that race is going to put on you. When I was in high school I really wanted to break nine minutes in the two mile. Over the course of the spring of my Senior year, I repeatedly did a workout of 8 x m with either a jog rest or a two minute standing rest. At the end of the winter season in which I had run a two mile best of 9: By the end of the spring I ran this 8 x session at an average of A massive session considering my middling m pb of 58 seconds. I only ran 9: I improved for sure, but only by a bit over one second a lap while I improved 8 seconds a lap in my workout. I trained myself to run a great 8 x workout instead of running a great two mile race. Again, there was a big gap there, but I think 9: See how you can apply this same theory to your training? In this cycle of workouts, I started with s at goal 5k pace with jog. I did a for the last rep on this one, but sometimes I will do all s and another jog followed by a hard, kicking in to simulate finishing my race, but I was feeling strong on this day and finished with a The point is to cover the volume of work at the set pace. The rest is what it is; this is your starting point. How to progress the Workout You have done your first session. You know where you are, and now you need to start getting to where you want to be. You should not go back to another specific session for at least a week. Ideally I like 12 to 14 days so you can fully absorb the last session. A week out is a great place for a 3k or 10k workout, something close to specific but not quite there. How much rest do I need between intervals? If you learn nothing else from this article: The single most important variable of any interval workout is the rest. This is what defines the workout more than any other thing. Yes, it is tempting sometimes, but: We tend to adapt to standing rest way too well and become able to make great gains in our interval performance while seeing little gain in our race performance. This is the complete opposite of what we want to see. I worked with a runner who could do 12 x m including second standing rests in 75 seconds total. That is a The disconnect was huge. Not a shuffle jog but a slow training pace. This should be your recovery day pace but not as fast as your steady day training pace. At times, I like to do longer rests but run them at a light tempo pace or even as fast as marathon pace, but that is mostly a compromise for younger runners who I want to keep aerobically focused year round for the best long term development for athletes trying to run a series of faster 5ks leading up to a goal half marathon. There is a huge difference at 5k pace between s and s so that is a very big jump. In a rep only the last m or so is really tough; in the the last is pretty toughâ€”that is three times as long. Compare this to jumping up from to , where you go from being tough to being tough. You can also do a cycle where you do, say, 1ks all the way from the start and simply reduce the rest. Start with x 1k at goal pace with 3 minutess standing rest in the late base and the go to 3 minute jog rest, 2: My rests were still m, but I was able, without really trying, to run them at a noticeably quicker pace. In my first 12 x session I averaged 5: The focus of this workout is a little pace rehearsal and to focus on staying comfortable at pace. If you push the rest pace so much that it becomes very hard that is okay. What it does do is put a nice little polish on your comfort at speed and prime your body and mind for the rhythm you need to find on race day.

## Chapter 3 : 3 Plans for a Faster 5K | ACTIVE

*5 Tips for a Sub 20 Minute 5K. If you are training for a 5K that doesn't mean run a 5K everyday, or worse, run less than a 5K and plan on the "X-Factor."*

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marketing materials by following the instructions in any communication you receive from us. You can also control these preferences in your profile settings and device. In order to do so, we may combine the data we have obtained about you from the different ASICS entities that have collected your personal data if applicable. This also means that we analyse your use of our products and Services and we use this information to improve our products and Services and to give you a better user experience e. Creating such personal profiles of our customers, also enables us to send you marketing materials that directly relate to your use of our products and Services, if you have chosen to receive such materials. We may also enrich your personal data with data from other third party sources, such as weather forecasts based on your location expected temperature, humidity, wind and traffic forecasts chance of air pollution , for example to further customize your training plan, allow you to adjust a specific run to the concrete circumstances or provide you with more detailed information about your runs. Use of information based on your consent: You can withdraw your consent at any time; see the section Your Rights below. Your personal data will be shared between the responsible ASICS companies that may use your personal data as described in this Privacy Policy. We engage third party vendors, agents, service providers, and affiliated entities to provide services to us on our behalf, such as support for the internal operations of our websites, online stores including payment processors and third parties we use of sending your orders to your home address , Services e. In providing their services, they can access, receive, maintain or otherwise process personal data on our behalf. Our contracts with these service providers do not permit use of your information for their own marketing purposes. We may also disclose your personal data to those partners, but only where you have consented or requested that we do so. If you win a contest or sweepstake, we may disclose the names of winners online. We may also share your information with third party partners and co-sponsors, where relevant; in such cases, we will clearly notify you of the sharing, and you will have the choice not to participate or to otherwise object to such sharing. Third parties in case of legal requirement. We may also disclose information about you, including personal data to any other third parties, where you have consented or requested that we do so. Notwithstanding anything else in this Privacy Policy, we may share aggregate or de-identified information with third parties for research, marketing, analytics and other purposes, provided such information does not identify a particular individual. Generally, we use this activity information to understand how our Services are used, track bugs and errors, improve our Services, verify account credentials, allow logins, track sessions, prevent fraud, and protect our Services, as well as for targeted marketing and advertising, to personalize content and for analytics purposes. For more detailed information about these mechanisms and how we collect activity information, see our Cookie Policy Do-Not-Track. Please note we do not respond to browser do-not-track requests. You may, however, disable certain tracking as discussed in the applicable Cookie Policy. ASICS is bound by the privacy practices or policies of these third parties, so we encourage you to read the applicable privacy notices, terms of use and related information about how your personal data is used in these social media environments. If you are at least 13 but under 16 years of age, please get the consent of your parent or legal guardian before you give us any personal data about yourself. Your parent or guardian should contact the ASICS company responsible for using your personal data – the overview of the applicable ASICS companies can be found here and provide us with their name, e-mail address and any other identifying information that we may request. ASICS needs this information in order to verify that they have provided the necessary consent. We may follow up by phone or other means in some circumstances. If you are at least 13 but under 16 years of age, do not contact us or provide us with any personal data until after your parent or guardian has sent us an e-mail consenting to your contact and provision of such information. The laws of these countries may not afford the same level of protection to your personal data. ASICS will therefore seek to ensure that all adequate safeguards are in place and that all applicable laws and regulations are complied with in connection with such transfer. SECURITY ASICS will take reasonable steps to ensure that your personal data are properly secured using appropriate technical, physical, and organizational measures, so that they are protected against unauthorised or unlawful use, alteration, unauthorised access or disclosure, accidental or wrongful destruction, and loss. Your personal data will be retained for as long as required for the above purposes or in so far as such is necessary for compliance with statutory obligations and for solving any disputes. DATA RETENTION ASICS retains your personal data for

as long as required to satisfy the purpose for which they were collected and used for example, for the time necessary for us to send you the newsletters you subscribed to, to provide you with customer service, answer queries or resolve technical problems, etc. When we cancel your account, your personal data will be deleted, such with the exception of your account data and your training and running data in case you are using the RunKeeper app, which data will be stored for an additional 4 years after your account becomes inactive unless you ask us to delete your data earlier. Also, if we need to store certain types of your personal data for a longer period due to legal requirements, we will store such data in accordance with the mandatory periods. If you would like to contact us regarding any of these rights please click here To the extent that we are relying on our legitimate interests to use your personal data, you also have the right to object to such use unless we can either demonstrate compelling legitimate grounds for the use that override your interests, rights and freedoms or where we need to process the data for the establishment, exercise or defence of legal claims. Without undue delay and not later than within a month, we will respond to your request to invoke your rights consistent with applicable law. You may revoke your consent for receiving marketing communications at any time, free of charge by following the instructions in any marketing communication. You can also control these preferences in your profile settings. ASICS will then stop applying the research results to you at an individual level and will stop sending you marketing communications. In case you wish to revoke your consent to ASICS using your health data or location data, you can send an email to the ASICS company responsible for using your personal data an overview can be found here. In case you may have a question or complaint about how we process your personal data, you can send an email to the ASICS company responsible for using your personal data an overview can be found here. Alternatively, you may consider lodging a complaint with a supervisory data protection authority. In certain jurisdictions, additional or deviating rules and rights apply to those set out in the section Your Rights above. This is applicable in the following jurisdictions: US , Japan , South Korea. You can click on your jurisdiction to see what the relevant rules are. While these third-party websites are selected with care, ASICS cannot accept liability for the use of your personal data by these organizations. For more information, please consult the privacy statement of the website you are visiting if such a statement is provided. We will give you reasonable notice on our websites of any material change. We encourage you to visit frequently to stay informed about how we use your personal data. An overview of all contact details can be found here.

## Chapter 4 : 5k Specific Training: Learning from Elite Runners

*18 minute 5k Training Plan Target Race Pace: per mile for an 18 minute 5k To run a sub 18 minute 5k you will need to be able to run at a target race pace of minutes per mile pace for the mile distance.*

There is a lot to be said about having a muse. What caused this epiphany? Greg hangs out in a place I like to call endurance eliteville. Without hesitation and a mere look to the sky he spit out some pretty impressive tips in about 22 seconds. You know how I know this means he knows what he is talking about? Hydration for even the shortest races is still important. Especially is you want to get to that sub 20 minute level we are talking about. Make sure you are drinking enough water days before the race. Need some more info on hydration? Check out the article below. Negative Splits Another big issue with people wanting to run a fast 5K is going too fast too early. This will only lead to burn out and it is not beneficial. The Positive of Negative Splits 3. You need to mix it up with different distances, intervals, hills etc.. But most of all make sure you can maintain an uncomfortable pace past the race distance. This will not only help out your conditioning a ton, but it will also help you mentally. Speed Work One of my favorites. I have actually covered this one with Greg before. He gave me the ultimate speed workout so make sure you read the post below. The Speed Workout for Any Distance: Have Fun Last but not least, have fun. Make sure you have a good time when you are running a race. Get a free t-shirt, take some good pics, and have a great time! How do you have fun in a race? Add it to comments!

## Chapter 5 : Submin 5k training plan by Olympian Jeff Galloway - Runkeeper

*So, 20 minute 5k pace is per mile so about you should be running about pace on these tempo runs. Also, make sure you are basing these times of of current fitness and not goal fitness. If right now you run a 5k in 21 minutes (about per mile), then your tempo runs should be more around pace.*

## Chapter 6 : Sub 5K - Men's Running UK

*My first sub 5km was on May 28th this year, so ~8 months after I started. The single biggest week I did during that 8 months was about 40km while I was doing a 6 week 10km race training plan. A much more typical week was like ~15km, seriously.*

## Chapter 7 : The Week Advanced 5K Training Plan – Competitor Running

*8-WEEK 5 KM TRAINING PLAN PREPARED by MIKE GRATTON, LoNDON MARATHON WINNER All people have different levels of 'trainability' and natural potential.*

## Chapter 8 : The Speed Workout for Any Distance

*This means doing some training at your target race pace (sub 4 minutes per kilometre) and slightly faster. Interval training is a great way to do this. Here are some suggestions for some specific 5k workouts that can be done on the track or on the road or grass to time rather than distance.*

## Chapter 9 : Sub 20 5k Training Plan | RunningFastr

*Six week schedule to run 5k in under 18 minutes This is the shortest of the events classed as long distance and so you need more speed for this one! More speed = higher intensity, which means you need more recovery to give the body time to repair itself and make you fitter.*