

2XU



BEGINNER 5KM TRAINING PROGRAM

BY 2XU ATHLETE, PROFESSIONAL DISTANCE RUNNER
& RECREATIONAL RUNNING COACH

RILEY COCKS

ABOUT RILEY



Riley is a professional Australian Distance runner for 2XU, Physiotherapist & Recreational Running Coach. He is the co-founder and head coach of Adelaide based running group and online coaching service RunAsOne. He holds personal bests of 1:02.54 for the half-marathon, 28:45 for 10,000m, and 13:50 for 5,000m. As a coach Riley draws on over a decade of running experience combined with his background in physiotherapy and 6 years of working in a running specialty

store. He is eager to share his wealth of knowledge in the latest training philosophies, recovery techniques, injury prevention to help runners of all levels to reach their goals.

Learn more about [Riley](#) and [RunAsOne](#)

ABOUT THE BEGINNER 5KM TRAINING PROGRAM

This program has been designed for those new to running or those who haven't run for a long time. It is an introductory program to ensure you are safely able to complete the 5km distance.

TRAINING TERMS

EASY

This level of effort should largely feel easy aerobically but won't always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you can't, you are probably going too hard.

SOLID

This level of effort is a touch harder than easy. It's more of a tempo effort. A simple test would be you should be able to chat but not at the same level as Easy/aerobic. For example you might be able to have a conversation but it would be very difficult to maintain or would be broken so you could catch your breath.

HARD

This level of effort should be difficult and uncomfortable to sustain. You won't feel like talking and if you tried it would only be a few words as you should be breathing quite heavily.

KEY ABBREVIATIONS

W/U

Warm Up

W/D

Warm Down

TT

Time Trial

RECOVERY IS TRAINING

THE IMPORTANCE OF RECOVERY

The only training you benefit from is the training you recover from.

It's true that pushing your limits makes you perform better. But the closer you get to the edge, the higher the risk of injury or illness. That's why recovery is so important.

The better you recover, the better you can train. And ultimately, the better you will perform.

Recovery days are scheduled during the week. If this exact schedule doesn't suit your weekly schedule make sure you are scheduling rest and recovery days in between harder efforts to ensure you adapt and recover.

PRODUCT FEATURE



[SHOP RECOVERY](#)

GO TO WEEK

1

2

3

4

5

6

7

8

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Walk/Run:

W/U: 5min walk

Main set: 5x 2min easy run/1min walk

W/D: 5min walk

WED

Recovery focus: massage, foam roller, Yoga, etc.

THUR

Rest Day

FRI

Walk/Run:

W/U: 5min walk

Main set: 4x 3min easy run/1min walk

W/D: 5min walk

SAT

Rest Day

SUN

X Train:

20-30mins low impact aerobic exercise,

Eg. Bike, Swim, Elliptical

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Walk/Run:

W/U: 5min walk

Main set: 5x 3min easy run/1min walk

W/D: 5min walk

WED

Recovery focus: massage, foam roller, Yoga, etc.

THUR

Rest Day

FRI

Walk/Run:

W/U: 5min walk

Main set: 5x 4min easy run/1min walk

W/D: 5min walk

SAT

Rest Day

SUN

X Train:

20-30mins low impact aerobic exercise,

Eg. Bike, Swim, Elliptical

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Walk/Run:

W/U: 5min walk

Main set: 5x 5min easy run/1min walk

W/D: 5min walk

WED

Recovery focus: massage, foam roller, Yoga, etc.

THUR

Rest Day

FRI

Walk/Run:

W/U: 5min walk

Main set: 3x 7min easy run/3min walk

W/D: 5min walk

SAT

Rest Day

SUN

Continuous Run:

3km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Run/Walk:

W/U: 5min easy jog

Main set: 5x 2min solid run/1min easy jog

W/D: 5min walk

WED

X Train:

20-30mins low impact aerobic exercise,

Eg. Bike, Swim, Elliptical

THUR

Rest Day

FRI

Run/Walk:

W/U: 5min easy jog

Main set: 4x 3min solid run/1min easy jog

W/D: 5min walk

SAT

Rest Day

SUN

Continuous Run:

4km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session:

W/U: 5min easy jog

Main set: 6×400, 2mins standing recovery between

W/D: 5min easy jog

WED

X Train:

20-30mins low impact aerobic exercise,

Eg. Bike, Swim, Elliptical

THUR

Rest Day

FRI

Run/Walk:

W/U: 5min easy jog

Main set: 10×100m hard run/100m walk

W/D: 5min easy jog

SAT

Rest Day

SUN

Test:

W/U: 5min easy jog

Main set: 3km TT @ Goal 5km pace

W/D: 5min easy jog

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session:

W/U: 5min easy jog

Main set: 4×800 solid run, 2mins standing recovery between

W/D: 5min easy jog

WED

X Train:

20-30mins low impact aerobic exercise,

Eg. Bike, Swim, Elliptical

THUR

Rest Day

FRI

Walk/Run:

3x 8min solid run/2min walk

SAT

Rest Day

SUN

Continuous Run:

5km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Intervals:

W/U: 5min easy jog

Main set: 4×1km solid run, 2mins standing recovery between

W/D: 5min easy jog

WED

X Train:

20-30mins low impact aerobic exercise,

Eg. Bike, Swim, Elliptical

THUR

Rest Day

FRI

Walk/Run:

W/U: 5min easy jog

Main set: 8×200m solid run/200m easy jog

W/D: 5min easy jog

SAT

Rest Day

SUN

Continuous Run:

4km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Intervals:

W/U: 5min easy jog

Main set: 8x 300m solid run, 100m walk

W/D: 5min easy jog

WED

X Train:

20-30mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

THUR

Rest Day

FRI

Walk/Run:

W/U: 5min easy jog

Main set: 10x 20sec solid run/40sec walk

W/D: 5min easy jog

SAT

Rest Day

SUN

Race Day!

Good luck today, trust in your training and go out there and enjoy it

2XU

A male athlete with long hair and a beard is captured in motion during a race. He is wearing a dark-colored 2XU tank top and a race bib that reads 'RUN THE TAN 2021' and 'presented by AIA Vitality'. The bib also features the number '42' and logos for 'NB new balance' and 'ADVANCED Hair Studio'. The background is blurred, showing other runners and spectators. The overall image has a blue and white color scheme with a splatter effect at the bottom.

INTERMEDIATE 5KM TRAINING PROGRAM

BY 2XU ATHLETE, PROFESSIONAL DISTANCE RUNNER
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RILEY COCKS

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Learn more about [Riley](#) and [RunAsOne](#)

ABOUT THE INTERMEDIATE 5KM TRAINING PROGRAM

This program has been designed for those who have been running consistently 3 or more times per week and looking to improve on their 5km time. It is an intermediate program to give you the best chance of running a Personal best 5km.

TRAINING TERMS

EASY

This level of effort should largely feel easy aerobically but won't always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you can't, you are probably going too hard.

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PRODUCT FEATURE



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MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Walk/Run: W/U: 1.5km easy jog Main set: 6x 400m hard run with 1min standing recovery between W/D: 1.5km easy jog
WED	Run: 20mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.
FRI	Session: W/U: 1.5km easy jog Main set: 3x 1km solid run with 90sec standing recovery between W/D: 1.5km easy jog
SAT	X Train: 20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
SUN	Long Run: 6km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: **W/U:** 1.5km easy jog
Main set: 5x 600m hard with 90 sec
standing recovery between
W/D: 1.5km easy jog

WED

Run: 20mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Session: **W/U:** 1.5km easy jog
Main set: 5x 3mins solid run with 1min
easy jog recovery between
W/D: 1.5km easy jog

SAT

X Train: 30-60mins low impact aerobic
exercise, Eg. Bike, Swim, Elliptical.

SUN

Long Run: 7km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: **W/U:** 1.5km easy jog
Main set: 4x 800m hard with 90 sec
standing recovery between
W/D: 1.5km easy jog

WED

Run: 25mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Session: **W/U:** 1.5km easy jog
Main set: 8x 2mins solid run with 1min
easy jog recovery between
W/D: 1.5km easy jog

SAT

X Train: 30-60mins low impact aerobic
exercise, Eg. Bike, Swim, Elliptical.

SUN

Long Run: 8km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Session: W/U: 1.5km easy jog Main set: 8x 400m hard with 60 sec standing recovery between W/D: 1.5km easy jog
WED	Run: 25mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.
FRI	Session: W/U: 1.5km easy jog Main set: 3x 5mins solid run with 2min easy jog recovery between W/D: 1.5km easy jog
SAT	X Train: 30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.
SUN	Long Run: 10km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 1.5km easy jog Main set: 10x 100m hard with 60 sec solid jog recovery between W/D: 1.5km easy jog
WED	Run:	25mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Run:	30mins easy + 5×200m hard run with 60 sec standing recovery between
SAT	X Train:	30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.
SUN	Test:	W/U: 2km easy jog Main set: 3km TT @ goal 5km pace W/D: 1km easy jog

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: **W/U:** 1.5km easy jog
Main set: 5x 1km hard run, 1min
standing recovery between
W/D: 1.5km easy jog

WED

Run: 25mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Session: **W/U:** 1.5km easy jog
Main set: 3x 7mins solid run, 3min walk
recovery between
W/D: 1.5km easy jog

SAT

X Train: 30-60mins low impact aerobic
exercise, Eg. Bike, Swim, Elliptical.

SUN

Long Run: 10km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 1.5km easy jog Main set: 8×400m hard run with 200m solid jog recovery between W/D: 1.5km easy jog
WED	Run:	25mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	W/U: 1.5km easy jog Main set: 15mins solid run, 2min easy jog between, 5min hard run to finish W/D: 1.5km easy jog
SAT	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.
SUN	Taper Long Run:	7km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session:

W/U: 1.5km easy jog

Main set: 2km solid run, 2mins standing recovery, 4×400m hard run with 60sec standing recovery between

W/D: 1.5km easy jog

WED

Run:

20mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Run:

20mins easy + 6×100m hard run
walk back to start for recovery

SAT

Rest Day

SUN

Race Day!

Good luck today, trust in your training and go out there and enjoy it