

TRAINING PROGRAM 5 KM



WRRC
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26

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FIERCE AND FESTIVE 5 KM

In September 2026, the world's best runners and thousands of recreational runners will come together at WRRRC Copenhagen 26. New world champions will be crowned in the 5 km. But the championships are not only for the elite. You can be part of it too.

The 5 km is a distance for everyone. For those taking on their first 5 km. For those aiming to run faster than last time. And for those who simply want a great experience with family or friends.

Our free training programme helps you build your fitness week by week. With a combination of easy runs, a little speed work, and plenty of consistency, you'll be ready to complete the 5 km – or chase a new personal best.

How fast you run is not what matters most. What matters most is getting out the door.

Train for the 5 km with confidence

The programme is built around three weekly training sessions and is designed to fit into everyday life. It provides structure, variety, and time for recovery, helping you improve without losing motivation along the way.

Some days are about building mileage. Others are about finding a little more speed. Together, they create a solid foundation for race day.

The programme is designed to leave room for the social side of running. Go for an easy run with a friend. Let the kids cycle alongside you. Or make the family's Sunday walk a little longer each week. The most important thing is getting out there together. We look forward to seeing you in Copenhagen on 19 September 2026.

WEEK 1

DAY	WORKOUT	DESCRIPTION
1	25 min. walk	Walk at a brisk pace. If possible, choose a hilly route for an extra challenge.
2	20 min. run/walk intervals	Run for 5 min. and walk for 1 min. Repeat for approximately 20 min. Pace is not important.
3	25 min. run/walk intervals	Run for 6 min. and walk for 1–2 min. Repeat for approximately 25 min. Pace is not important.

WEEK 2

DAY	WORKOUT	DESCRIPTION
1	Easy run + 15 min. fartlek	Warm up with 10 min. of easy running. Then run for 1 min. and walk for 1 min. Repeat this fartlek session 8 times. Finish with 5 min. of walking.
2	25 min. walk	Walk briskly for 25 min. If possible, choose a hilly route to strengthen muscles and joints.
3	3 × 8 min. running	Start with 5 min. of warm-up. Run for 8 min. and walk for 2 min. Repeat 3 times in total.

WEEK 3

DAY	WORKOUT	DESCRIPTION
1	20 min. fartlek	Run for 40 sec. and rest for 20 sec. Repeat for 20 min.
2	30 min. out-and-back workout	Run or walk the same route out and back. Turn around after 15 min. and try to return to your starting point by the 30-minute mark. Focus on finding a good rhythm.
3	25 min. walk/run/walk	Walk for 10 min., run for 15 min., then walk for 10 min.

WEEK 4

DAY	WORKOUT	DESCRIPTION
1	17 min. run + drills	Walk or jog for 5 min. Then alternate between 2 min. of high knees, 2 min. of butt kicks and 2 min. of lunges. Finish with a 17 min. run, gradually increasing your pace until you find a good rhythm.
2	5 min. walk + 30 min. out-and-back workout	Start with a 5 min. walk. Then run the same route out and back. Turn around after 16 min. and try to return to your starting point within 30 min. Practise finding and maintaining a steady rhythm.
3	45 min. walk/run/walk	Walk for 15 min., run for 15 min., then walk for 15 min.

WEEK 5

DAY	WORKOUT	DESCRIPTION
1	25 min. easy run + strides	Start with 10 min. of easy running or walking. Then run strides for 4 min. and walk or jog for 1 min. Repeat 3 times.
2	25 min. easy run	Warm up for approximately 5 min. Run easily for 20 min. Walking is fine if needed.
3	45 min. run/walk	Warm up for approximately 10 min. Then run for 10 min. and walk for 2 min. Repeat 3 times.

WEEK 6

DAY	WORKOUT	DESCRIPTION
1	Easy run + 10 × 1 min. intervals	Start with 10 min. of easy running. Then run at a solid pace for 1 min. and walk for 1 min. Repeat 10 times. Finish with 5–10 min. of easy running or walking.
2	3 km progressive run + drills	Run easily for 5–10 min. Then alternate between 2 min. of high knees, 2 min. of butt kicks and 2 min. of lunges. Next, run 1 km three times. Increase your pace with each kilometre, so start conservatively. Finish with 5 min. of easy running or walking.
3	20 min. easy run	Run easily for 20 min.

WEEK 7

DAY	WORKOUT	DESCRIPTION
1	Strides + 5 × 2 min. intervals	Run easily for 10 min., then gradually increase your pace. Run hard for 2 min. and rest for 1 min. Repeat 5 times. Finish with 5–10 min. of easy running or walking.
2	4 km progressive run	Warm up with 5–10 min. of easy running. Then run a loop of approximately 1 km four times. Increase your pace with each lap, starting conservatively. Finish with about 5 min. of easy running or walking.
3	30 min. walk/run/walk	Walk or run easily for 5 min., then run for 10 min. Repeat twice.

WEEK 8

DAY	WORKOUT	DESCRIPTION
Race Day	5 km	WRRRC Copenhagen 26