



5KM ADVANCED TRAINING PLAN



Changing childhoods. Changing lives.

This plan

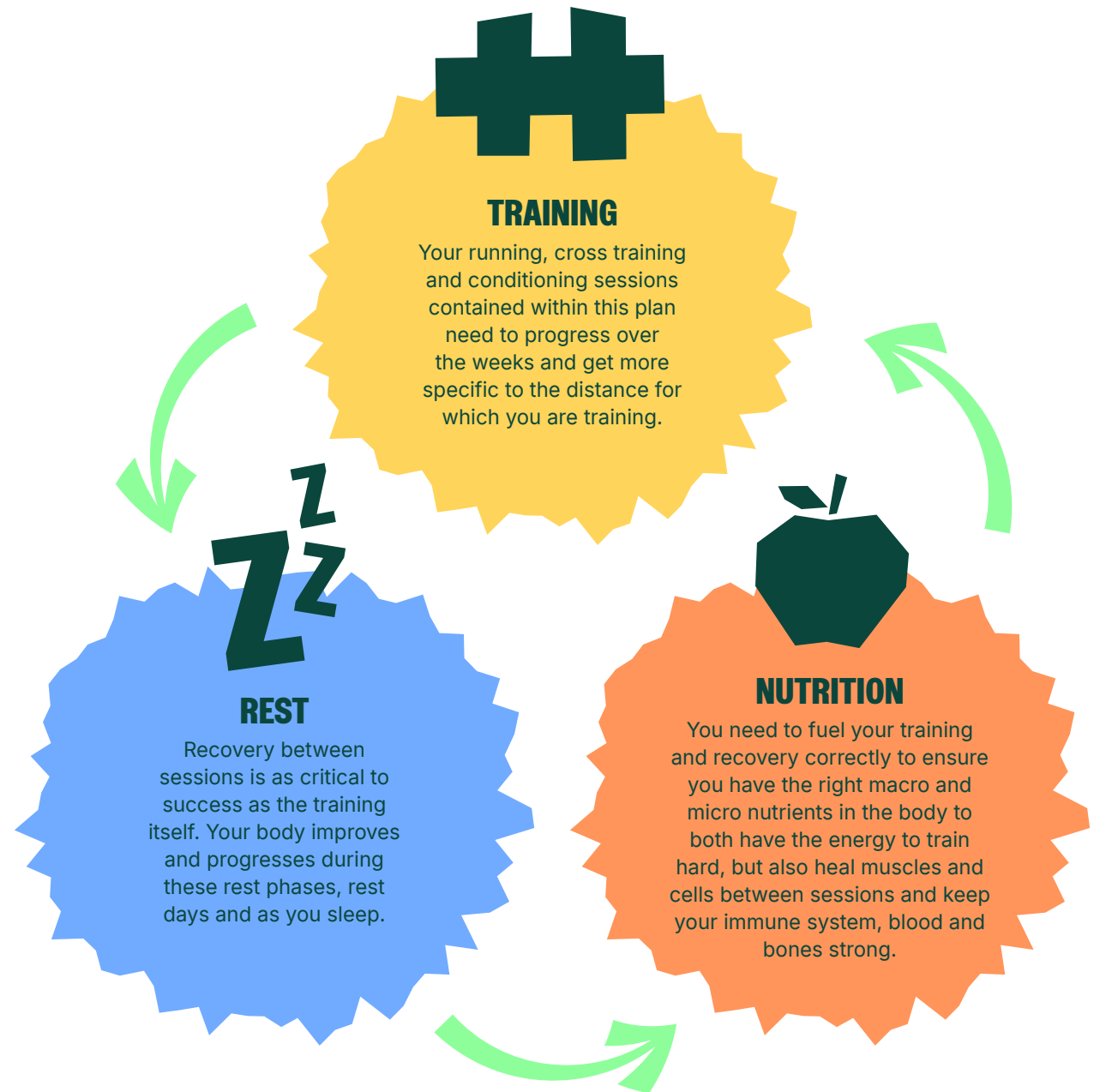
This 5k experienced plan is designed to get you ready for this distance and improve on recent performances.

Keeping it all in balance

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is the training triangle you see to the right.

Most of us think about training sessions as a 'need to do' in order to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle, nutrition and rest, are also considered with equal focus and attention.

As you increase your training keep the triangle in balance by improving your nutrition and ensuring you listen to your body and respect its need to rest in order to improve.



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	30min recovery run or cross training (XT)	Easy 30min run AM/PM: Fartlek session of 5, 4, 3, 2, 1mins all with a 90s recovery jog between each	30min recovery run	45min run including 4x (6mins @threshold with a 90s recovery)	Rest	Hill session including 10mins @threshold + 8x (45s up hill with a 90s jog recovery)	60mins relaxed run
2	30-45min recovery run or cross training (XT)	Easy 30min run AM/PM: Fartlek session of 2x (4, 3, 2, 1min all with a 90s recovery jog between each)	30-45min recovery run	45min run including 5x (5mins @threshold with a 90s jog recovery)	Rest	Hill session including 10mins @threshold + 8x (45-60s up hill with a 2min jog recovery)	70mins relaxed run
3	45min recovery run or cross training (XT)	Easy 30min run AM/PM: 3x (1mile @5k pace with a 2-3mins jog recovery)	30min recovery run	45min run with the last 20mins @threshold	Rest	Hill session including 10mins @threshold with 2-3mins recovery + 10x (60s hard hill effort with a 2min jog recovery)	70-80mins relaxed run
4	45min recovery run or cross training (XT)	Easy 30min run AM/PM: 6x (800m @5k pace with a 90s jog recovery)	30-45min recovery run	45min run with the last 20mins @threshold	Rest	Hill session including 10mins @threshold with 2-3mins jog recovery + 12x (60s hard hill effort with a 2min jog recovery)	80mins relaxed run
5	Rest	Easy 30-45min run	30min recovery run	30min progression run 10mins easy/10mins steady/ 10mins @threshold	Rest	45min recovery run	Easy 60-70mins run
6	45min recovery run or cross training (XT)	Easy 30min run AM/PM: 6min @threshold with a 2-3min recovery + 3sets 4x (400m @5k pace with a 60s jog recovery between each)	30-45min recovery run	Easy 30min run AM/PM + 45mins including 4x (6mins @threshold on a hilly route with a 2min jog recovery)	Rest	40min out and back run, turn at half way and turn to get back 2mins quicker	Easy 90min run
7	45min recovery run or cross training (XT)	Easy 30min run AM/PM: 6min @threshold with a 2-3min recovery + 5x (1k @ target 5k pace with a 75s jog recovery)	30-45min recovery run	Easy 30min run AM/PM + 45mins including 4x (6mins @threshold on a hilly route with a 2min jog recovery)	Rest	45min Fartlek session of 3x (3, 2, 1min with a 1min jog recovery between each)	Easy 90min run
8	45min recovery run or cross training (XT)	45min progression run 15mins easy/15mins steady/ 15mins @threshold	30-45min recovery run	30min progression run 10mins easy/10mins steady/ 10mins @threshold	Rest	Easy 30min run	5k Race! Good Luck!

Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself. Listen to your body and take heed of any warning signs.

If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

Threshold Runs (THR)

After the long run threshold runs are probably your most valuable workouts. They are run at a controlled brisk pace, about 80–85% of your maximum heart rate (MHR), you'll only be capable of uttering a couple of words to your training partners.

Tempo/threshold runs improve your lactate threshold (*the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen*), your running economy and aerobic capacity.

Long Runs (LR)

Long runs are vital in your plan and key to racing well in long distance races from 5km – marathon.

At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort. Gradually this will build to 75% of maximum heart rate (MHR) as you start to practice periods of race pace running.

These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.



Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of your maximum heart rate (MHR), depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be:

- 6 × 3minutes @5km race pace with a 90 second jog recovery.

Race Pace (MP)

Understanding the pace and effort you intend on running your race is very important. Pace judgment and patience on the big day will be crucial to running your best 5km marathon.

Warming Up/Warm down (WU)

When you are going to do any faster running such as hills, threshold runs, intervals or a race, it is important to warm up gradually. A 10–15 minute jog lets your muscles warm up and improve their range of movement.

Cross-Training and core conditioning (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, the cross trainer etc, Without this additional training you are more likely to pick up an annoying injury that will set your training back.

More experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing pilates, so intense that you are left too tired for running.





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