



# 5KM BEGINNER TRAINING PLAN

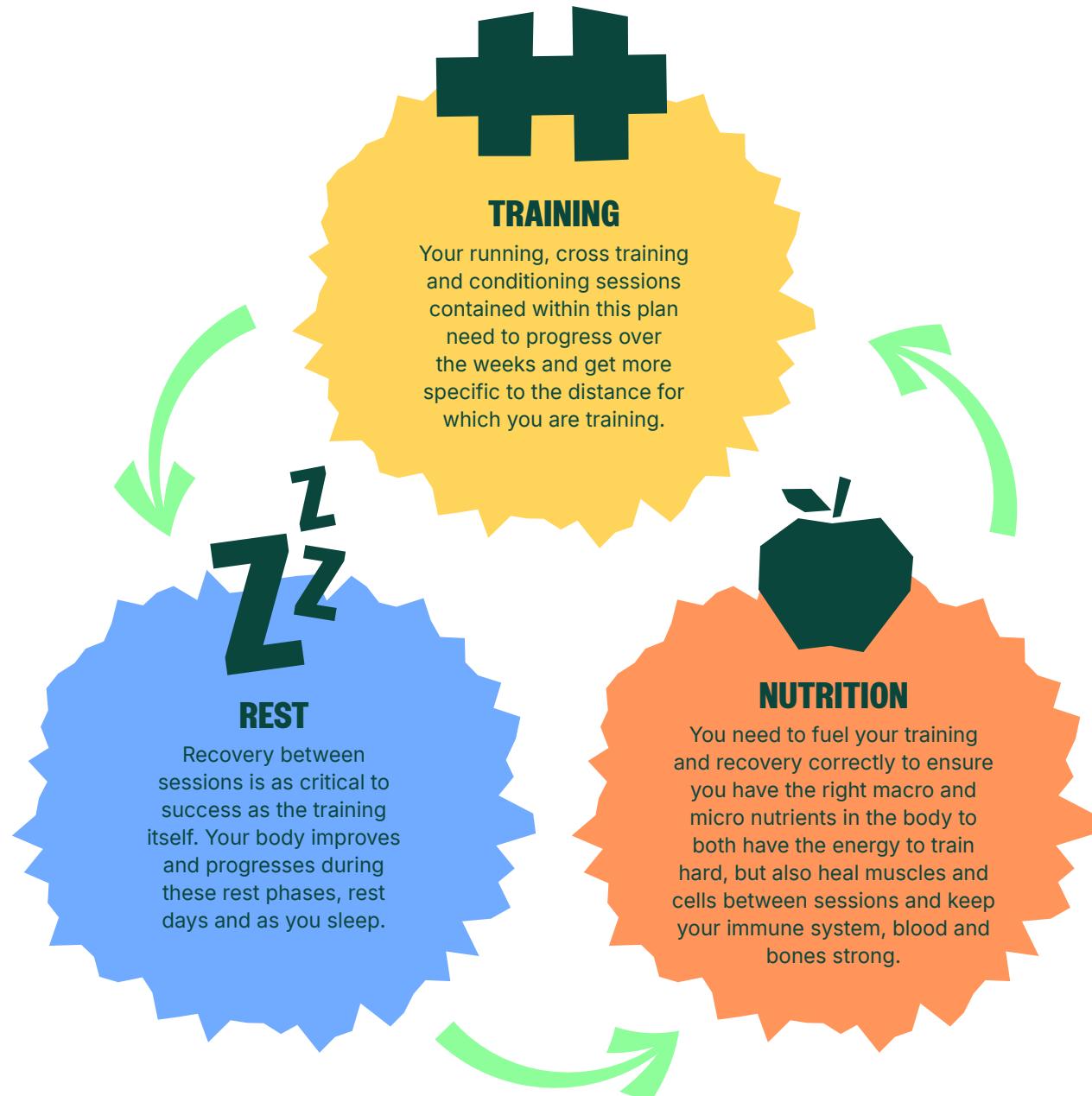
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## Keeping it all in balance

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    | Rest                             | 10x (1min easy run with a 1min recovery walk)   | Rest | 10x (1min easy run with a 1min walk recovery)       | Rest                   | 30min brisk walk  | 7x (2min easy run with a 1min walk recovery)  |
| 2    | Rest                             | 6x (2min easy run with a 1min walk recovery)  | Rest | 6x (2min easy run with a 1min walk recovery)        | Rest                   | 45mins brisk walk or 20mins aerobic cross training (XT) | 5x (3min easy run with a 1min walk recovery)  |
| 3    | 'Core work, 30 min swim'         | 3x (4min easy run with a 1min walk recovery)  | Rest | 3x (5min easy run with a 1min walk recovery)        | Rest                   | 45mins brisk walk or 20mins aerobic cross training (XT) | Easy 7mins continuous running with a 2min walk recovery + 2x (4min run and 1min walk) |
| 4    | 'Core work, 30 min swim'         | 3x (5min easy run with a 1min walk recovery) + 3x (2min easy run with a 1min walk recovery) | Rest | 4x (5min run with a 1min walk recovery)             | Rest                   | 60mins brisk walk or 30mins cross training (XT)         | Easy 10min run and 2min walk recovery + 2x (5min run and 1min walk)                   |
| 5    | Rest                             | 5x (4min easy run with a 1min walk recovery)  | Rest | 3x (7min run with a 1min walk recovery)             | Rest                   | Rest  | Easy 15min run and 1min walk recovery + 10min brisk walk                              |
| 6    | 'Core work, 30 min swim'         | 4x (6min easy run with a 1min walk recovery)  | Rest | 2x (10min easy run with a 1min walk recovery)       | Rest                   | 60mins brisk walk or 30mins cross training (XT)         | Easy 20min run with a 1min walk recovery + 5min easy jog run                          |
| 7    | Rest or 'Core work, 30 min swim' | 5x (6min easy run with a 1min walk recovery)  | Rest | 2x (12min easy run with a 1min walk recovery)       | Rest                   | 60mins brisk walk or 30mins cross training (XT)         | Easy 25min run + 10min brisk walk   |
| 8    | 'Core work, 30 min swim'         | 4x (8min easy run with a 2min walk recovery)  | Rest | 3x (10min run with a 1min walk recovery)            | Rest                   | Rest  | 30mins continuous running   |
| 9    | 'Core work, 30 min swim'         | Easy 15min run  | Rest | 25mins continuous running                           | Rest                   | 60mins brisk walk or 30mins cross training (XT)         | 35mins continuous running   |
| 10   | Rest                             | 6, 5, 4, 3, 2, 1min runs with a 90s walk between each                                       | Rest | 15min run + 8x (1min run with a 1min walk recovery) | Easy 20mins aerobic XT | Rest  | 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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