

# TRAINING PLAN

## 5km advanced plan



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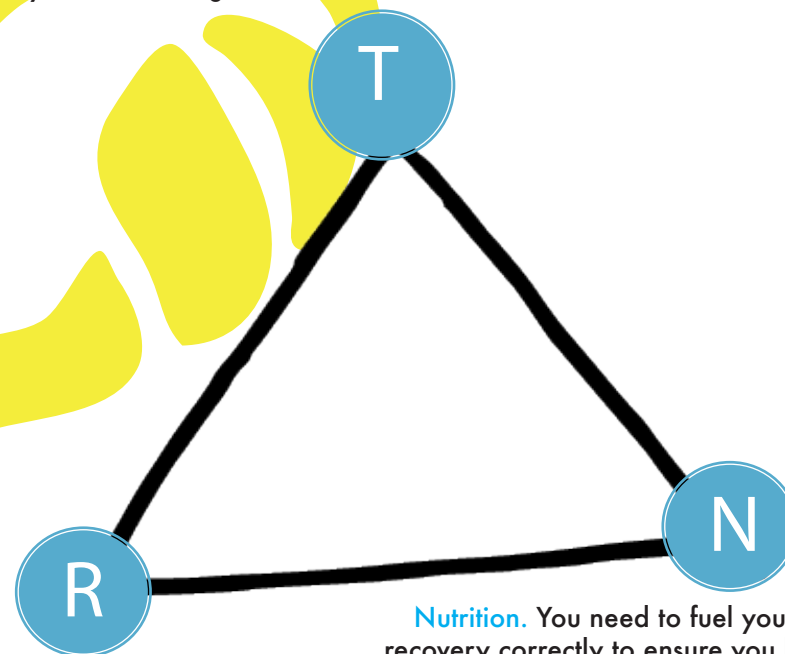
### This plan.

This 5k experienced plan is designed to get you ready to a 5k and improve on a recent performance.

### 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 the training sessions we need to do to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also considered as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition by ensuring you listen to you body and respect its need to rest in order to improve.

**Training.** Your running, cross training and conditioning sessions contained within this plan need to progress over the weeks and get more specific to the distance for which you are trianing. .



**Rest.** Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

**Nutrition.** You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to both have the energy to train hard, but also heal muscles and cells between sessions and keep you immune system, blood and bones strong.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	30 minute recovery run or cross train	30 easy AM PM: Fartlek session with 5,4,3,2,1 mins all with 90 sec jog recovery	30 minute recovery run	45 mins including 4x6 mins @ threshold with 90 second recovery	REST	Hill session 10 mins threshold + 8x45 sec hill with a 90 sec jog recovery	60 mins relaxed
2.	30-45 minute recovery run or cross train	30 easy AM PM: Fartlek session with 2x4,3,2,1 mins all with 90 secs jog recovery	30 - 45 minute recovery run	45 mins including 5x5 mins @ threshold with 90 seconds jog recovery	REST	Hill session 10 mins threshold + 8x45-60 sec hill with a 2 min jog recovery	70 mins relaxed
3.	45 minute recovery run or cross train	30 easy AM PM: 3x1 mile @ 5k pace with 2-3 min jog recovery	30 minute recovery run	45 mins with the last 20 @ threshold +	REST	Hill session 10 mins threshold (2-3 min rec) + 10x60 seconds hard hill with a 2 min jog rec	70 - 80 relaxed
4.	<b>45 minute recovery run or cross train</b>	30 easy AM PM: 6x800 @ 5k pace with 90 second jog recovery	30 - 45 minute recovery run	45 mins with the last 20 threshold +	REST	Hill session 10 mins threshold (2-3 min jog) + 12x60 seconds hard hill effort with a 2 min jog recovery	80 mins relaxed

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.	REST	30-45 minute easy run	30 minute recovery run	30 minute progression run with 10 easy 10 steady 10 threshold	REST	45 minute recovery run	60 - 70 mins easy pace
6.	45 minute recovery run or cross train	30 easy AM PM: 6 min threshold 2-3 min recovery + 3 x (4x400 m @ 5k pace with 60 second jog rec)	30 - 45 minute recovery run	30 easy AM PM: 45 mins with 4x6 mins @ threshold on a hilly route with 2 min jog rec	REST	40 minute out and back run, turn at half way and try to get back 2 mins quicker than you went out	90 minutes easy pace
7.	45 minute recovery run or cross train	30 easy AM PM: 6 min threshold 2-3 min recovery + 5x1k @ target 5k pace with 75 sec recovery	30 - 45 minute recovery run	30 easy AM PM: 45 mins with 4x6 mins threshold on a hilly route with 2 min jog recovery	REST	45 min fartlek session. Try to include 3x3,2,1 mins with a 1 min jog rec between each effort	90 minutes easy pace
8.	45 minute recovery run or cross train	45 minute progression run 15 easy, 15 steady, 15 threshold	30 - 45 minute recovery run	30 minute progression run 10 easy 10 steady 10 threshold	REST	30 minute easy run	5k Race!

## 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 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 WHR 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 max heart rate, 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 x 3 minutes @ 5km race pace with a 90 second jog recovery.

## Rac Pace (MP)

Understanding the pace and effort you intend on running your race at 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 & 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, otherwise you are more likely to pick up an annoying injury that will set back your training. 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 your running.

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