

5km TRAINING PLAN - EXPERIENCED



THIS TRAINING PLAN IS DESIGNED TO GET YOU TO THE START LINE OF A 5KM FEELING PREPARED AND CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL.

IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Running Guide, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.

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WHY TRAIN IN THIS WAY?

If you keep doing the same things repeatedly you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal race pace.



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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MINUTE EASY RUN PM: FARTLEK SESSION 5,4,3,2,1 MINS ALL WITH 90 SEC JOG RECOVERY	30 MINUTE RECOVERY RUN	45 MINUTES INCLUDING 4X6 MINS THRESHOLD WITH A 90 SECOND JOG RECOVERY	REST	HILL SESSION 10 MINS THRESHOLD (2-3 MINUTE JOG RECOVERY) PLUS 8X45 SEC HILLS WITH A 90 SECOND JOG RECOVERY	60 MINUTES RELAXED
2	30-45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MINUTE EASY RUN PM: FARTLEK SESSION 2X 4,3,2,1 MINS ALL WITH 90 SEC JOG RECOVERY	30-45 MINUTE RECOVERY RUN	45 MINUTES INCLUDING 5X5 MINS THRESHOLD WITH A 90 SECOND JOG RECOVERY	REST	HILL SESSION 10 MINS THRESHOLD (2-3 MINUTE JOG RECOVERY) PLUS 8X45-60 SEC HILLS WITH A 2 MINUTE JOG RECOVERY	70 MINUTES RELAXED
3	45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MINUTE EASY RUN PM: 3X1 MILES AT 5KM PACE WITH 2-3 MIN JOG RECOVERY	30 MINUTE RECOVERY RUN	45 MIN RUN WITH THE LAST 20 MINUTES AT THRESHOLD	REST	HILL SESSION 10 MINS THRESHOLD (2-3 MINUTE JOG RECOVERY) PLUS 10X60 SEC HILLS WITH A 2 MINUTE JOG RECOVERY	70-80 MINUTES RELAXED
4	45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MINUTE EASY RUN PM: 6X800 AT 5KM PACE WITH A 90 SECOND JOG RECOVERY	30-45 MINUTE RECOVERY RUN	45 MIN RUN WITH THE LAST 20 MINUTES AT THRESHOLD	REST	HILL SESSION 10 MINS THRESHOLD (2-3 MINUTE JOG RECOVERY) PLUS 12X60 SEC HILLS WITH A 2 MINUTE JOG RECOVERY	80 MINUTES RELAXED
5	REST	30-45 MINUTE EASY RUN	30 MINUTE RECOVERY RUN	30 MINUTE PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	45 MINUTE EASY RUN	60-70 MINUTES EASY PACE RUN

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MINUTE EASY RUN PM: 6 MIN THRESHOLD 2-3 MIN RECOVERY + 3 X (4X400M AT 5KM PACE WITH 60 SEC JOG RECOVERY)	30-45 MINUTE RECOVERY RUN	AM: 30 MINUTE EASY RUN PM: 45 MINS WITH 4X6 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	REST	40 MINUTE OUT AND BACK RUN, TURN AT HALFWAY AND AIM TO GET BACK 2 MINS QUICKER THAT YOU WENT OUT	90 MINS EASY PACE RUN
7	45 MINUTE RECOVERY RUN OR CROSS TRAIN	AM: 30 MINUTE EASY RUN PM: 6 MIN THRESHOLD 2-3 MIN RECOVERY + 5 X 1KM AT TARGET 5KM PACE WITH 75 SECOND JOG RECOVERY	30-45 MINUTE RECOVERY RUN	AM: 30 MINUTE EASY RUN PM: 45 MINS WITH 4X6 MINS AT THRESHOLD ON A HILLY ROUTE WITH A 2 MIN JOG RECOVERY	REST	45 MINUTE FARTLEK SESSION. TRY TO INCLUDE 3X3,2,1 MINS WITH A 1 MIN JOG REC BETWEEN EACH EFFORT	90 MINS EASY PACE RUN
8	45 MINUTE RECOVERY RUN OR CROSS TRAIN	45 MINUTE PROGRESSION RUN 15 MINUTE EASY 15 MINUTE STEADY 15 MINUTE THRESHOLD	30-45 MINUTE RECOVERY RUN	30 MINUTE PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	30 MINUTE EASY RUN	5KM RACE!!

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- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
 - Try to stretch every day for at least 10 minutes.
 - Always eat within 20–30 minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.



CONTACT US!
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