TRAINING PLAN

Improver Plan - 5km

Run Everyone

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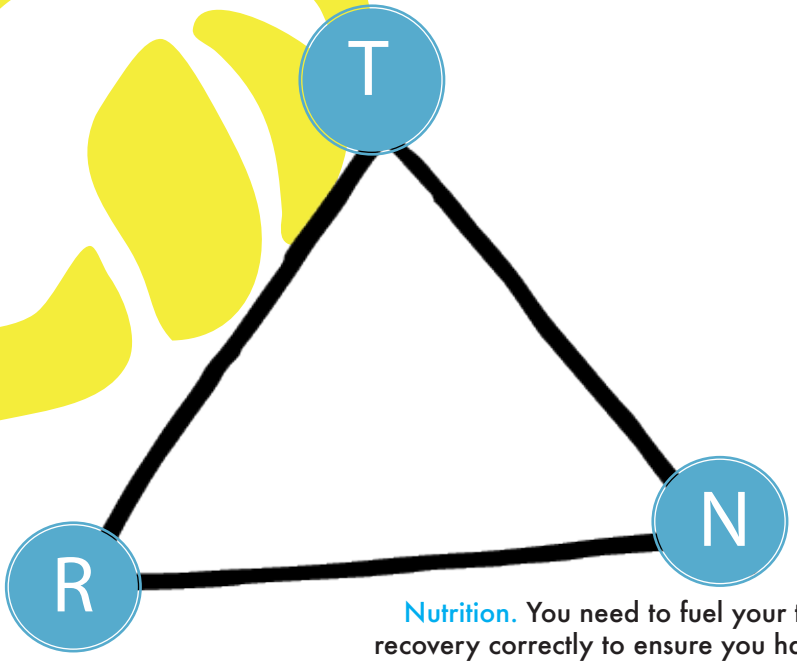
This plan.

This 5k improver 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 comtained within this plan need to progress over the weeks and get more specific to the distance for whcih 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.

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Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	REST	20 mins including 2 x 5 mins @ threshold with a 2 -3 min jog recovery	30 minute recovery run	30 mins easy run or cross train plus conditioning	REST	30 mins with 3x5 mins @ threshold on a hilly route with a 2 min jog recovery	30 mins relaxed
2.	REST	Fartlek session 30 mins including 4,3,2,1 mins hard effort off a 90 sec jog recovery	30 - 45 minute recovery run	30 mins easy run or cross train plus conditioning	REST	40 mins with 4x5 mins @ threshold on a hilly route with a 2 min jog recovery	40 mins relaxed
3.	REST	Fartlek session 40 mins including 5,4,3, 2,1 mins hard effort off a 90 second jog recovery	30 minute recovery run	30 mins easy run or cross train plus + conditioning -	REST	40 mins with 2x10 mins @ threshold on a hilly route with a 3 min jog recovery	50 mins relaxed
4.	REST	Fartlek session 45 mins including 5, 3,1 mins all x2 with a 90 sec jog recovery	30 - 45 minute recovery run	30 mins easy run or cross train plus + conditioning -	REST	45 mins with 4x6 mins @ threshold on a hilly route with a 2 min jog recovery	60 mins relaxed

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Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.	REST	30 minute recovery run	30 minute recovery run	30-45mins easy run or cross train plus conditioning	REST	45 min progression run with 15 easy 15 steady 15 threshold	45 mins easy pace
6.	REST	Fartlek session 45 mins including 3 sets of 3,2,1 mins all x2 with a 90 sec jog rec	30 - 45 minute recovery run	30-45mins easy run or cross train plus + conditioning -	REST	45 mins with 4x6 mins @ threshold on a hilly route with a 2 min jog recovery	60-70 mins easy pace
7.	REST	Mixed pace session 6x3mins with odd no ' s @ threshold and even no ' s @ 5 km all with 90 sec jog rec	30 - 45 minute recovery run	30-45mins easy run or cross train plus + conditioning -	REST	50 minutes with 5x5 minutes threshold on a hilly route with a 2 min jog recovery	60-80 mins easy pace
8.	REST	Key session - 6 x 3 mins target 5k pace with 90 sec jog recovery 30 - 45 minute recovery run	30 - 45 minute recovery run	30-45mins easy run or cross train plus + conditioning -	REST	45 mins out and back run aim to run steady for 23-24 mins, turn around and run hard back in 21-22 mins, sprint finish	60-80 mins relaxed

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Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	REST	Fartlek session 2x4 mins, 3 mins, 2mins, 1 min (90 sec jog recovery)	30 minute recovery run	30-45mins easy run or cross train plus conditioning	RES T	Key session 5x4 mins @ target 5k pace with a 90 sec jog recovery, sprint finish last effort	45 easy pace
10.	REST	30 mins including 5x 2 mins @ target 5k pace with a 2 min jog recovery	30 minute recovery run or rest	20-30mins easy run or cross train plus conditioning	REST	20 minute easy run	5k Race!!

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Glossary

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.

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Glossary

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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