

5K TRAINING PLAN

IMPROVERS



Top 10 Tips For 5k Runners

1. **Slow & Steady** - The slower and steadier you approach training, the less chance there is that you'll get injured and the more you'll enjoy the experience.
2. **Do what suits YOU** - The following training plan is just a **guide**. If you need to reduce intensity or rest a bit more than that is totally fine.. Equally if you are adapting well to training, feel free to add an extra interval or run a bit further.
3. **It's YOUR Race** - Resist the temptation to copy how other people train. Everyone is different, so stick to YOUR Training Plan and no one else's.
4. **Run Happy** - Training CAN be fun. Do whatever it takes to make your training enjoyable -so jog with a chum or listen to some great music / podcasts.
5. **Work that Booty** - Conditioning exercises for the core and glutes are really important to help prevent injury - so try and do them at least twice a week.
6. **Keep up the Fluids** - Drinking fluids frequently is really important to keep the body hydrated. If you're generally not very good at drinking water throughout the day, try and get into the habit of frequently sipping out of a bottle.
7. **Vary your Training** - Mixing your training up by running different routes and mixing up your pace are great ways to stop training getting stale and to help keep training interesting.
8. **Remember to Rest** - The importance of rest is massively under-estimated by many runners. If you and / or your legs are tired, then don't feel guilty taking an extra day off to recover.
9. **Listen to your Body** - Whether it's injury, illness or fatigue - always listen to what your body is telling you. If something isn't right, your body will let you know and it's really important you listen to it.
10. **Challenge yourself** - If you enjoy the training and what to challenge yourself - why not sign up for a 10k!?



Explanation of Training Session Terms:

- **Rest** - Unsurprisingly, rest days are just that. You can take the day off. However, if you feel in the mood and your body is feeling good, there is no reason why you can't head out for a long walk or even do some alternative exercise - such as swimming, cycling or even a pilates class.
- **Jog** - This is the pace the majority of your jogging intervals should be run at. You should just about be able to count to 10 in one breath whilst running at this pace and you should be able to hold a conversation with someone. Initially a jogging pace may feel harder than this (it may be hard to easily count to 10 in one breath), but with consistent training, the same pace will get much easier and feel far more comfortable.
(RPE Scale - 4-5)
- **Fartlek** - Predominantly an easy or steady run, but with randomised fast intervals thrown in every now and again. Include as many "intervals" as you like - as often, as far and as fast as you wish. Replace these sessions with "Intervals" if you like.
RPE Scale - 3-8 (8 being max intensity of "fartlek" segment)
- **Intervals** - Structured and high intensity running intervals with a set period of rest. Popular intervals include:
- *4 x 1 mile or 1km intervals - with 4-5 mins *rest in-between intervals.*
- *8 x 800m intervals - with 3 mins *rest in-between intervals.*
RPE Scale - 2-9 (9 being max intensity of "interval")
**It's ok to just walk during your rest period.*

REMEMBER

This plan is just a **GUIDE** and offers a guide on suggested running distances and sessions.

Feel free to adapt it to suit you and your lifestyle.

RATE OF PERCEIVED EXERTION (RPE) SCALE.

R.P.E SCALE	HOW YOU FEEL	%HR MAX
1	Chilling. Sitting down, feet up watching a movie.	30-40%
2	A steady walking pace.	45-55%
3	A light jog or a Brisk Walk	60-70%
4	A perfect sociable pace. Quicker than a jog but able to have a chat.	70-75%
5	Pretty comfortable. Got a good sweat on and you feel great.	75-80%
6	Comfortable -ish. You feel like it's good paced run.	80-85%
7	Talking getting difficult. Possible - but not very easy.	85-90%
8	Only short answers to important questions possible.	90-95%
9	Talking all but impossible.	95%+
10	Talking is impossible. You can only keep this intensity up for 10-15 seconds or so.	N/A

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Rest or gentle 15-20 min Jog	20 min Jog	<i>Rest</i>	25-30 min Fartlek	<i>Rest</i>	20 min Jog	Intervals - 10 min jog - 5 x 1min (RPE 7-8) - 2 min rest between intervals
2	Rest or gentle 15-20 min Jog	25 min Jog	<i>Rest</i>	25-30 min Fartlek	<i>Rest</i>	25 min Jog	Intervals - 10 min jog - 5 x 1min (RPE 7-8) - 2 min rest between intervals
3	Rest or gentle 15-20 min Jog	25-30 min Jog	<i>Rest</i>	25-30 min Fartlek	<i>Rest</i>	25-30 min Jog	- Intervals - 10 min jog - 6 x 1min (RPE 7-8) - 90s rest between intervals
4	Rest or gentle 15-20 min Jog	25-30 min Jog	<i>Rest</i>	25-30 min Fartlek	<i>Rest</i>	25-30 min Jog	- Intervals - 10 min jog - 8 x 1min (RPE 7-8) - 90s rest between intervals
5	<i>Rest</i>	25-30 min Jog	<i>Rest</i>	20 min Jog	<i>Rest</i>	25-30 min Jog	5K DAY