



NOTES – 5KM PROGRAM

*Monday - Thursday - Sunday runs are at an easy pace

*Tuesday & Fridays are session days

Warm up & warm down at sessions's completion by jogging easy for 6-8 minutes. After warm up jog perform some running drills (butt kicks, high knees, backwards running, etc) then do 2-4 x 60 metre strides at 75-100% of your maximum speed. Now you are ready to run fast!

How fast to run Tuesday intervals?

Run these intervals as fast as you can so that your last interval is as fast as your first (or close to).

Run so that you feel like you could do one more repetition if you really had to but no more than that. You should feel puffed!

What is threshold pace on Fridays?

Threshold pace will have your heart rate sitting at around 85-90% of its maximum.

It is a pace that you can speak a couple of words at but that's it!

It should feel 'comfortably hard'

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20 minute run	6 x 1 min (1 min jog/walk recovery) 6 x 30 sec (1 min jog/walk recovery)	Rest Day	25 minute run	15 min @ threshold pace	Rest Day	30 minute run
2	20 minute run	8 x 90 sec (90 sec jog/walk recovery)	Rest Day	25 minute run	18 min @ threshold pace	Rest Day	35 minute run
3	25 minute run	6 x 2 min (90 sec jog/walk recovery)	Rest Day	30 minute run	20 min @ threshold pace	Rest Day	40 minute run
4	25 minute run	5 x 3 min (2 min jog/walk recovery)	Rest Day	30 minute run	20 min @ threshold pace (3 min walk recovery) 3 minute effort made up of 15 sec fast run, 15 sec slow jog	Rest Day	40 minute run
5	30 minute run	4 sets of 4 min (1 min walk recovery) 1 min faster than 4 min effort (2 min walk recovery between sets)	Rest Day	35 minute run	24 min @ threshold pace (3 min walk recovery) 3 minute effort made up of 15 sec fast run, 15 sec slow jog	Rest Day	45 minute run
6	30 minute run	2 x 6 min (3 min jog/walk recovery) 2 x 4 min (2 min jog/walk recovery) 2 x 2 min (1 min jog/walk recovery)	Rest Day	35 minute run	26 min @ threshold pace	Rest Day	50 minute run
7	30 minute run	8 x 2 min (90 sec jog/walk rec)	Rest Day	35 minute run	20 min @ threshold pace (3 min walk recovery) 5 minute effort made up of 15 sec fast run, 15 sec slow jog	Rest Day	40 minute run
8	30 minute run	6 x 1 min (1 min jog/walk recovery) 6 x 30 sec (1 min jog/walk recovery)	Rest Day	30 minute run	Rest Day	10 min easy jog & 4 x 60 metre strides	RACE DAY