



Advanced 5k Training Plan - Is this plan suitable for me?

This plan is written for an experienced runner already training 5 or 6 times per week looking to break 20 minutes for the first time or better their time further below 20 minutes. When starting any training plan, you need to be honest with yourself in setting a realistic training goal and following a training plan that is suitable for you. The plan you choose should be applicable to your current fitness level. It should also fit in with your availability to train each week. Think carefully about your work, family and social commitments. Whilst you want to challenge yourself, your training should always be enjoyable and not too hard so you go from session to session feeling fatigued. If you have any questions about the training plan then please e mail us at info@fullpotential.co.uk We wish you the best of luck with your training!

Measuring Your Effort

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that running "harder is better" so we end up running too quickly, which can result in feeling tired, illness or injury. Understand what each run is trying to achieve and how it should feel is the way to train smart, so here's a guide to the running sessions that you'll find mentioned in the training plan and a note of how they should feel as a 'talk test'.

Type of Run	PERCEIVED EFFORT LEVEL (1-10)*	HEART RATE	HOW IT SHOULD FEEL - "THE TALK TEST"
Easy / Recovery Run	6-6.5	65 - 70%	You can speak in complete sentences, totally conversational, you're walking or running relaxed, enjoying it and not worrying about the watch
Steady Effort Run	7-8	70 - 80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do.
Threshold Effort Runs / Kenyan Hills	8-8.5	80 - 85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'

Speedwork	8.5 and above	85% plus	You can say only 2-3 words maximum and are out of breath but still know that you could do a little more if you had to
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*Perceived effort = where 1 is easy and represents minimum effort and 10 is hard and represents maximum effort



Advanced Sub 20 mins 5k Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	40 mins recovery run + stretch	10 - 15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	30 mins cross training, 30 mins strength and conditioning + stretch	40 mins steady effort run over undulating terrain where you push some of the inclines to threshold effort + stretch	REST	10 - 15 mins warm-up, 4 x 5 mins at 90 pct effort with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	75 mins easy effort run + stretch
Week 2	REST	30 mins cross training, 30 mins strength and conditioning + stretch	10 - 15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	40 mins recovery run + stretch	10 - 15 mins warm-up, 4 x 5 mins at 90 pct effort with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	REST	75 mins easy effort run + stretch

Week 3	40 mins recovery run + stretch	10 - 15 mins warm-up, 4 x 8 mins at Threshold effort with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	30 mins cross training, 30 mins strength and conditioning (easy on your legs please) + stretch	10 - 15 mins warm-up, 3 x 1 mile at 90 pct effort with 90 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	REST	10 - 15 mins warm-up, 6 x 2 mins at 5k race effort (harder than 90 pct effort) with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	90 mins easy effort run + stretch
Week 4	40 mins recovery run + stretch	10 - 15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	30 mins cross training, 30 mins strength and conditioning (easy on your legs please) + stretch	10 - 15 mins warm-up, 6 x 2 mins at 5k race effort (harder than 90 pct effort) with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	REST	10 - 15 mins warm-up, 6 x 5 mins at 90 pct effort with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	90 mins easy effort run + stretch
Week 5	REST	30 mins recovery run + stretch	10 - 15 mins warm-up, 2 x (3 x 3 mins at 5k target pace with 60 secs easy effort jog recovery between efforts) with 3 mins easy effort jog recovery between sets, 10 - 15 mins cool-down + Stretch	30 mins cross training, 30 mins strength and conditioning (easy on your legs please) + stretch	10 - 15 mins warm-up, 2 x (5 x 400 metres at 5k pace with 30 secs easy effort jog recovery between efforts) with 2 mins easy effort jog recovery between sets, 10 - 15 mins cool-down + Stretch	REST	90 mins easy effort run + stretch

Week 6	30 mins recovery run + stretch	10 - 15 mins warm-up, 5 x 3 mins at 5k race effort (harder than 90 pct effort) with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	30 mins cross training, 30 mins strength and conditioning + stretch	40 mins easy effort run including some strides + Stretch	REST	10 - 15 mins warm-up, 2 x 3k at 5k target pace with a 6 mins easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	60 mins easy effort run + stretch
	REST	30 mins cross training, 30 mins strength and conditioning + stretch	10 - 15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	REST	10 - 15 mins warm-up, 6 x 1 km at 5k race effort (harder than 90 pct effort) with 90 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	30 mins recovery run + stretch	60 mins easy effort run + stretch
	REST	10 - 15 mins warm-up, 5 x 600 metres at 5k effort with 60 secs easy effort jog recovery between efforts, 10 - 15 mins cool-down + Stretch	30 mins Recovery run + Stretch	30 mins easy effort run including some strides + Stretch	REST	5k race or parkrun	40 mins recovery run + stretch
Week 7							
Week 8							