



Advanced 5k training plan

Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and perform at your best is

to train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each should feel in its effort and intensity. Here's a guide for just that.

Is this plan suitable for me?

This plan is for experienced runners. You'll already train 5 or 6 times a week, and now you want either to break 20 minutes or beat your personal best. Ask yourself if the plan matches your current fitness level, and take care to

see that it fits your availability to train each week. Be honest. Think carefully about your work, family and social commitments. While you want to challenge yourself, your training should be enjoyable and stress free.

Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel – the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

*Perceived effort =
1 represents no effort and
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Recovery 40 mins recovery run + stretch	Workout run 10-15 mins warm up, 4 x 8 mins at threshold effort with 90 secs easy effort recovery jog between sets, 10-15 mins cool down + stretch	Cross-training 30 mins cross-training Conditioning 30 mins strength and conditioning + stretch	Run 40 mins steady effort run over undulated terrain; push some of the inclines to threshold effort + stretch	Rest	Workout run 10-15 mins warm up, 4 x 5 mins at hard effort with 60 secs easy jog between efforts, 10-15 mins cool down + stretch	Rest
Week 2	Rest	Cross-training 30 mins cross-training Conditioning 30 mins strength and conditioning + stretch	Workout run 10-15 mins warm up, 4 x 8 mins at threshold effort with 90 secs easy effort recovery jog between sets, 10-15 mins cool down + stretch	Recovery 40 mins recovery run + stretch	Workout run 10-15 mins warm up, 4 x 5 mins at hard effort with 60 secs easy jog between efforts, 10-15 mins cool down + stretch	Rest	Rest
Week 3	Recovery 40 mins recovery run + stretch	Workout run 10-15 mins warm up, 4 x 8 mins at threshold effort with 60 secs easy effort recovery jog between sets, 10-15 mins cool down + stretch	Cross-training 30 mins cross-training Conditioning 30 mins strength and conditioning (easy on your legs please) + stretch	Workout run 10-15 mins warm up, 3 x 1 mile at hard effort with 90 secs easy effort recovery jog between sets, 10-15 mins cool down + stretch	Rest	Workout run 10-15 mins warm up, 6 x 2 mins at hard effort with 60 secs easy jog between efforts, 10-15 mins cool down + stretch	Rest
Week 4	Recovery 40 mins recovery run + stretch	Workout run 10-15 mins warm up, 3 x 10 mins at threshold effort with 60 secs easy effort recovery jog between sets, 10-15 mins cool down + stretch	Cross-training 30 mins cross-training Conditioning 30 mins strength and conditioning (easy on your legs please) + stretch	Workout run 10-15 mins warm up, 6 x 2 mins at 5k race effort (harder than 90% effort) with 60 secs easy effort recovery jog between sets, 10-15 mins cool down + stretch	Rest	Workout run 10-15 mins warm up, 6 x 5 mins at 90% effort with 60 secs easy jog between efforts, 10-15 mins cool down + stretch	Rest
Week 5	Rest	Recovery 30 mins recovery run + stretch	Workout run 10-15 mins warm up, 6 x 3 mins at 5k target pace with 60 secs easy effort recovery jog between sets, 10-15 mins cool down + stretch	Cross-training 30 mins cross-training, Conditioning 30 mins strength and conditioning (easy on your legs please) + stretch	Workout run 10-15 mins warm up, 10 x 400 metres at 5k pace with 2 mins easy effort jog recovery between sets, 10-15 mins cool down + stretch	Rest	Rest
Week 6	Recovery 30 mins recovery run + stretch	Workout run 10-15 mins warm up, 5 x 3 mins at hard effort with 60 secs easy effort recovery jog between sets, 10-15 mins cool down + stretch	Cross-training 30 mins cross-training Conditioning 30 mins strength and conditioning + stretch	Run 40 mins easy effort run including some strides + stretch	Rest	Workout run 10-15 mins warm up, 2 x 3k at hard effort with a 6 mins easy jog between efforts, 10-15 mins cool down + stretch	Rest
Week 7	Rest	Cross-training 30 mins cross-training Conditioning 30 mins strength and conditioning + stretch	Workout run 10-15 mins warm up, 3 x 10 mins at threshold effort with 60 secs easy effort recovery jog between sets, 10-15 mins cool down + stretch	Rest	Workout run 10-15 mins warm up, 6 x 1 km at hard effort with 90 secs recovery jog between efforts, 10-15 mins cool down + stretch	Recovery 30 mins recovery run + stretch	Rest
Week 8	Rest	Workout run 10-15 mins warm up, 5 x 600m at 5k effort with 60 secs recovery jog between efforts, 10-15 mins cool down + stretch	Recovery 30 mins recovery run + stretch	Run 30 mins easy effort run including some strides + stretch	Rest	5k race or park run ☆	Rest