



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 reasonably fit beginners or fairly experienced runners. You'll be used to regular training, and now you want either to break 25 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	Rest	Work out run 10-15 mins, 5 x 5 mins at threshold effort with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	Cross-training 30 mins cross training easy effort Conditioning 30 mins strength and conditioning + stretch	Run 45 mins steady effort run over undulating terrain + stretch if possible	Rest	Run 40 mins steady effort undulating run where you push some of the inclines to threshold effort + stretch	Run 60 mins easy effort run + stretch
Week 2	Rest	Run 40 mins easy run + stretch	Work out run 10-15 mins warm up, 3 x 8 mins at threshold effort with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	Cross-training 30 mins cross training Conditioning 30 mins strength and conditioning + stretch	Rest	Work out run 10-15 mins warm up, 5 x 3 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins + stretch	Run 70 mins easy effort run + stretch
Week 3	Rest	Cross-training 30 mins cross training easy effort Conditioning 30 mins strength and conditioning + stretch	Work out run 10-15 mins warm up, 3 x 8 mins at threshold effort with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	Run 40 mins easy run + stretch	Rest	Work out run 10-15 mins warm up, 5 x 3 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	Run 75 mins easy effort run + stretch
Week 4	Rest	Work out run 10-15 mins warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	Cross-training 30 mins cross training easy effort Conditioning 30 mins strength and conditioning + stretch	Run 40 mins easy run + stretch	Rest	Work out run 10-15 mins warm up, 6 x 3 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	Run 45 mins easy effort run + stretch
Week 5	Rest	Work out run 10-15 mins warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	Cross-training 30 mins cross training easy effort Conditioning 30 mins strength and conditioning + stretch	Run 40 mins easy run + stretch	Rest	Work out run 10-15 mins warm up, 2 x 3 km at hard effort with 120 secs recovery jog between sets, 10-15 mins cool down + stretch	Run 60 mins easy effort run + stretch
Week 6	Rest	Work out run 10-15 mins warm up, 15 mins at threshold effort, 10-15 mins cool down + stretch	Cross-training 30 mins cross training easy effort Conditioning 30 mins strength and conditioning + stretch	Work out run 10-15 mins warm up, 6 x 3 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	Rest	Run 30 mins easy run + stretch	Run 75 mins easy effort run + stretch
Week 7	Rest	Work out run 10-15 mins warm up, 4 x 8 mins at threshold effort with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	Run 30 mins easy run + stretch	Cross-training 30 mins cross training easy effort Conditioning 30 mins strength and conditioning + stretch	Rest	Work out run 10-15 mins warm up, 6 x 3 mins at hard effort with 75 secs recovery jog between sets, 10-15 mins cool down + stretch	Run 45 mins easy effort run + stretch
Week 8	Rest	Work out run 10-15 mins warm up, 5 x 3 mins at threshold effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	Recovery 30 mins recovery run + stretch	Run 20 mins easy effort run including some strides + stretch	Rest	5k race or park run 	Recovery 40 mins recovery run + stretch