

I can already jog 5k - now I want to run!

	MON	TUE	WED	THU	FRI	SAT	SUN	
ADVANCED 5K TRAINING GUIDE <i>Target: To run as quickly as I can in 6 weeks</i>								
WEEK 1	30 mins.	Rest	40 min incl. 8 x 1 min fast, 1 min jog recovery	Rest	20 min pace run	Rest	30 min easy jog	First hard week over. Well done
2	30 mins	Rest	5 x 2 min fast, 90 sec jog in between	Rest	20 min pace run	Rest	40 min easy jog	Slightly harder than last week. Hang in there!
3	35 mins	Rest	5 x 2 min fast, 90 sec jog in between	Rest	4 x 3 min fast, 1 min jog in between	Rest	45 min easy jog	Look how far you've come in three weeks
4	35 mins	Rest	4 x 5 min fast, 2 min jog in between	Rest	3 x 6 min fast, 3 min jog in between	Rest	50 min easy jog	Fantastic. 1 more tough week then we're easing down
5	30 mins	Rest	3, 2, 1, 2, 3 min fast, 1 min jog between	Rest	25 min pace run	Rest	50 min easy jog	That's the end of the hard work.
6	15 min at 5k pace	Rest	40 min easy jog	Rest	15 min jog	Rest	5k race	You've done the work. Have a great race. Relax and enjoy it.

Tips

Keep a diary - the couch potatoes won't believe you've done all this training

Easy runs should be just that - EASY! Take the time to enjoy the scenery and the fact you've escaped the house/office. Find a friend to run with and take the opportunity to have a bit of a chat as you go. If you're feeling tired from the training these are the runs to ease off the pace on. Realistically, they should not be much faster than jogging. Long runs are about building endurance on your feet while shorter runs are about recovery. The main purpose of these runs are to educate muscles, burn fat and utilise oxygen.

The key is the time spent jogging not the pace. Don't be afraid to slow it right down to achieve the time of jogging set in your schedule.

Work at your own pace and you will improve. Don't feel the need to push hard to keep up with someone else. The fitness comes as the training builds up

Pace runs are not flat out but a good strong run where you will be slightly out of breath. Ideally, these should be run at 85% of you maximum.

You should not be able to hold a full conversation at this pace. These runs will increase the overall pace of your running.

Repetition work will place your body under even greater stress but this is where you will reap the rewards come race day. Don't beat yourself up here but try to challenge yourself. These higher intensity sessions are great workouts for the heart and lungs. Fast does not mean sprinting or flat out but a strong pace. Think about the whole session and run at a pace you know you can finish the whole session at.

Remember to ease into the workout. Some light stretching before and some longer stretches after will help immensely.