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This plan is designed for runners who are that bit more experienced or competitive. Over the next 4 weeks it includes a range of different training sessions to see you running a new PB. You will regularly cover the 5k distance through the next 4 weeks so your goal will be to complete your 5k as well as you can!



Training plan created by



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	How do you feel?	Top tips	Core & conditioning
1	<p>Core for 20–30 minutes.</p> 	<p>20 minute easy run Work to keep the running efforts as easy as you can – fully conversational!</p> 	<p>Rest, or optional cross training 30–40 minutes easy</p>	<p>'Threshold run' – 30 mins including 3 x 5 mins @ threshold with a 2–3 min jog recovery.</p> <p>Run the 5-minute efforts at a 'controlled discomfort' where you can only speak 3–4 words continuously.</p> 	<p>Rest</p>	<p>'Hill run' – 20–30 mins over a hilly route pushing the up hills to 'threshold effort' as per Thursday's run + Core for 20–30 minutes.</p> 	<p>'Long run' – 30–40 minutes relaxed.</p> 	  	<ul style="list-style-type: none"> The majority of running this week should be completed at easy, conversational pace. Easy running helps develop your aerobic system, building capillary density, your ability to metabolize stored fats and a host of other benefits. Don't force the pace on the easy runs! Remember to stretch well after each run. 	<p>Aim to complete 20–30 minutes of exercises when mentioned in the plan or more often if you have time. This week focus on completing 2–3 sets of 'Finger Crusher', 'Plank', 'Side Plank' and 'Single Leg Squat' exercises aiming for 30–60 seconds each depending on your ability.</p>
2	<p>Core or Pilates class, there are great ones to follow online.</p>  	<p>'Threshold run' – 30–40 mins including 5 x 5 mins @ threshold with a 90 second jog recovery.</p> 	<p>Rest</p>	<p>30 minute easy run Start slowly and aim to feel better at the finish than you did at the start!</p>  	<p>Rest</p>	<p>'Hill run' – 5 minutes at 'threshold effort on a flat route + 10 x 40 seconds fast up a steady gradient with a jog back to recover) – take 2 minutes rest between sets + 'Cross Training' + Core for 20–30 minutes.</p> <p>Cross training is doing any exercise apart from running that raises your heart rate.</p> 	<p>'Long run' – 50–60 minutes consistent run at a pace you can comfortably hold a conversation.</p> 	  	<ul style="list-style-type: none"> Focus on running tall and strongly with a fast leg speed on your 40 second efforts. Pump the elbows back vigorously and keep your head up. You might start noticing a little fatigue building. Alongside stretching after each run, make sure you focus as hard on your recovery as you do on training. Aim for 8 hours sleep a night or at least an extra 15–30 minutes sleep than usual. If you are getting really tired or your muscles are particularly sore consider replacing a run session with a 'cross training' session. Consider swimming, using an elliptical machine in the gym or even an easy road biking or aqua-jogging session. It's a great way of getting a longer block of sustained effort in the bank without the same impact on your joints and muscles. 	<p>Week 2 is a good time to look to progress your core work. You could include some progressions for the plank, side plank and bridge exercises – give some of these a go. If you don't feel ready yet that's no problem – focus on maintaining the base of work you have built up through.</p>
3	<p>Core or Pilates class, there are great ones to follow online.</p> 	<p>'Progression run' session – 10/10/10 – 10 minutes easy, 10 minutes steady, 10 minutes 'threshold effort'.</p> 	<p>Rest</p>	<p>'Fartlek Run' – 40 minutes to include 5,4,3,2,1. After an easy warm up start with 5 minutes at threshold effort and aim to progress the pace for the 4 minute block and each one thereafter. Take 90 secs to jog after each.</p> 	<p>Rest</p>	<p>'Easy run' – 30–40 minutes at a conversational pace + Core for 20–30 minutes.</p>  	<p>'Long Run' – 60 minutes with the final 15 minutes at 'threshold' effort OR 3km time trial + 15 minutes easy after.</p> 	  	<ul style="list-style-type: none"> You may wish to try out a time trial at the end of this week. We would suggest finding a local route of about 3k. Aim to start at an easy, conversational pace and try to limit any walk breaks to a minimum. If you don't feel quite ready for this yet don't worry – complete the suggested long run, you will be ready by race day! The 'fartlek' run this week should show that you have 2–3 gears you can work through. Aim to really change up the paces through the run and get a sense of turning your legs over that bit faster – push yourself! 	<p>Flexibility is a key part of feeling you can run well. Consider getting hold of a 'foam roller' which is a useful tool for managing the build up in tightness from both your running and your conditioning sessions.</p>
4	<p>Rest</p>	<p>'Easy run' – 30 minutes to include 3 x 3 minutes faster at Sunday's race pace + Core for 20–30 minutes.</p> 	<p>Rest</p>	<p>'Easy run' – 20–30 minutes fully conversational.</p> 	<p>Rest</p>	<p>Gentle jog for a maximum of 20 minutes and stretch after.</p> 	<p>Race for Life 5k – Good luck and keep smiling!</p> 