



5 KM TRAINING GUIDE

8 WEEKS • ADVANCED

Personal best

8 week advanced 5 km training guide



If you're feeling pretty good running 5 km and now you want to take it to the next level, this is the training guide for you. Over 8 weeks, you'll build up your speed, strength and endurance to reach your personal best.

Here is an explanation of the terms used in this training guide:

- **Run:** This refers to running at a pace that you are comfortable with. The key is that you cover the distance.
- **Fast run:** There is no specific definition for this speed – it just needs to be faster than the comfortable pace you regularly run at. Get into the habit of timing your regular runs and your fast runs to ensure you are stepping up the speed a little.
- **Long run:** There is no specific definition for this speed – it just needs to be faster than the comfortable pace you regularly run at.

Get into the habit of timing your regular runs and your fast runs to ensure you are stepping up the speed a little. If you start to feel fatigued, take a drink break or slow down to a walk.

- **Interval training:** This is how you improve your speed. Interval training involves bursts of running at an increased pace, followed by a recovery period running at a slower pace. For example, run 400 m hard and fast, and recover by jogging or walking 400 m, then repeat. Before interval training it's important to warm up by jogging a kilometre or two, stretching, and doing a few sprints of 100 m. Cool down afterwards with a short jog.
- **Tempo run:** This training technique involves continuous runs with an easy beginning, a build up in the middle, then ease back and cruise to the finish. A typical tempo run begins with 5-10 minutes easy running, continues with 10-15 minutes faster running, and finishes with 5-10 minutes cooling down.


→ **Rest:** Rest and recovery is an essential part of your training. This training guide includes up to two rest days a week. The final week before the 5 km race also includes more rest. Taper your training so you can be ready for a peak performance on race day.

→ **Stretch + strengthen:** Stretching is key to a strong, supple body and should be done daily. Strength training, particularly for your core muscles, is an important focus of this training guide. Try bodyweight exercises like push-ups, chin-ups or dips, or light weights with high reps at your local gym. Mondays and Wednesdays would be good days to undertake strength training (optional).



Don't forget to stretch! It's important to start each training session with some stretches and gentle movement to prepare your body for your workout. After your session, cool down with more stretches to help with recovery.

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	4.5 km run Notes: <input type="checkbox"/>	5 x 400 m run Notes: <input type="checkbox"/>	You choose: Rest or easy run Notes: <input type="checkbox"/>	30 min tempo run Notes: <input type="checkbox"/>	Rest	6.5 km fast run Notes: <input type="checkbox"/>	60 min run Notes: <input type="checkbox"/>
2	4.5 km run Notes: <input type="checkbox"/>	8 x 200 m run Notes: <input type="checkbox"/>	You choose: Rest or easy run Notes: <input type="checkbox"/>	30 min tempo run Notes: <input type="checkbox"/>	Rest	6.5 km fast run Notes: <input type="checkbox"/>	65 min run Notes: <input type="checkbox"/>
3	4.5 km run Notes: <input type="checkbox"/>	6 x 400 m run Notes: <input type="checkbox"/>	You choose: Rest or easy run Notes: <input type="checkbox"/>	35 min tempo run Notes: <input type="checkbox"/>	Rest	8 km fast run Notes: <input type="checkbox"/>	70 min run Notes: <input type="checkbox"/>
4	4.5 km run Notes: <input type="checkbox"/>	9 x 200 m run Notes: <input type="checkbox"/>	You choose: Rest or easy run Notes: <input type="checkbox"/>	35 min tempo run Notes: <input type="checkbox"/>	Rest	Rest	5 km test Notes: <input type="checkbox"/>
5	4.5 km run Notes: <input type="checkbox"/>	7 x 400 m run Notes: <input type="checkbox"/>	You choose: Rest or easy run Notes: <input type="checkbox"/>	40 min tempo run Notes: <input type="checkbox"/>	Rest	8 km fast run Notes: <input type="checkbox"/>	75 min run Notes: <input type="checkbox"/>
6	4.5 km run Notes: <input type="checkbox"/>	10 x 200 m run Notes: <input type="checkbox"/>	You choose: Rest or easy run Notes: <input type="checkbox"/>	40 min tempo run Notes: <input type="checkbox"/>	Rest	9.5 km fast run Notes: <input type="checkbox"/>	85 min run Notes: <input type="checkbox"/>
7	4.5 km run Notes: <input type="checkbox"/>	8 x 400 m run Notes: <input type="checkbox"/>	You choose: Rest or easy run Notes: <input type="checkbox"/>	45 min tempo run Notes: <input type="checkbox"/>	Rest	9.5 km fast run Notes: <input type="checkbox"/>	90 min run Notes: <input type="checkbox"/>
8	3.5 km run Notes: <input type="checkbox"/>	6 x 200 m run Notes: <input type="checkbox"/>	30 min tempo run Notes: <input type="checkbox"/>	You choose: Rest or easy run Notes: <input type="checkbox"/>	Rest	Rest	 Race day

Fact: If you follow this guide to the letter you will have completed nearly **220 km** of running – pat on the back! **Exercise safely:** Talk to your GP before starting a new exercise program, especially if you have any existing health conditions.

- The training guide is just that, a guide – it is important to make it work for you. If you want to do long runs on Saturday rather than Sunday, simply change the days. Or if you miss a run you can make it up on one of your rest days.
- Check off your training each day to keep track of your achievements. Each step gets you closer to your goal!