

F4URCE



5K ADVANCED TRAINING PLAN



5K **ADVANCED** TRAINING PLAN

| DAY | MON | TUE | WEDS | THUR | FRI | SAT | SUN |
|----------------|------------|--------------------|---------------------------|--------------------|------------|----------------------------|----------------|
| MODE | RUN | CT + ST | RUN | CT + ST | RUN | RUN | REST DAY |
| INTENSITY | EASY | MODERATE | CHALLENGING | MODERATE | EASY | CONVERSATIONAL | |
| i-RATE SCALE | 7 - 7.5 | 7 - 8 | 8 - 9+ | 7 - 8 | 70 - 7.5 | 6.5 - 7.5 | |
| HEART RATE (%) | 70 - 75 | 75 - 80 | 85 - 95 | 75 - 80 | 70 - 75 | 65 - 75 | |
| WEEK 1 | 50 Minutes | 30 - 45 Minutes ST | 50 Minutes + Pick-ups | 30 - 45 Minutes ST | 40 Minutes | 50 Minutes | REST DAY |
| WEEK 2 | 50 Minutes | 30 - 45 Minutes ST | 50 Minutes + Pick-ups | 30 - 45 Minutes ST | 40 Minutes | 50 Minutes | REST DAY |
| WEEK 3 | 50 Minutes | 30 - 45 Minutes ST | 50 Minutes + Pick-up | 30 - 45 Minutes ST | 40 Minutes | 60 Minutes Race Simulation | REST DAY |
| WEEK 4 | 60 Minutes | 30 - 45 Minutes ST | Speed A Workout 5 Repeats | 30 - 45 Minutes ST | 40 Minutes | 50 Minutes | REST DAY |
| WEEK 5 | 60 Minutes | 30 - 45 Minutes ST | Speed A Workout 6 Repeats | 30 - 45 Minutes ST | 40 Minutes | 60 Minutes Race Simulation | REST DAY |
| WEEK 6 | 60 Minutes | 30 - 45 Minutes ST | Speed B Workout 4 Repeats | 30 - 45 Minutes ST | 40 Minutes | 70 Minutes | REST DAY |
| WEEK 7 | 60 Minutes | 30 - 45 Minutes ST | Speed B Workout 5 Repeats | 30 - 45 Minutes ST | 40 Minutes | 50 Minutes Race Simulation | REST DAY |
| WEEK 8 | 60 Minutes | 30 - 45 Minutes ST | Speed C Workout 4 Repeats | 30 - 45 Minutes ST | 40 Minutes | 75 Minutes Race Simulation | REST DAY |
| WEEK 9 | 50 Minutes | 30 - 45 Minutes ST | Speed C Workout 5 Repeats | 30 - 45 Minutes ST | 40 Minutes | 45 Minutes Race Simulation | REST DAY |
| WEEK 10 | 40 Minutes | REST | 30 Minutes + Pick-ups | 25 Minutes | 30 Minutes | 20 Minutes | 5K RACE |

TRAINING PLAN KEY

Warm-up: Walking for 5 minutes at an easy pace prior to every workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: Walking for 5 minutes at an easy pace after every workout to gradually bring the heart rate and breathing back to normal levels.

Heart Rate: If you have a Heart rate monitor; maintain a range between the prescribed percentages eg 65 - 75% of estimated maximum Heart rate.

iRate Scale: A way to rate your effort level by your perception or perceived exertion. Rate your level by how you feel from 1 - 10. 1 being at complete rest and 10 being an all out level. Use this system to stay within the smart training range listed on the training program ie 6 - 7.

Pick Ups: Run the workout at an easy pace and include 3 - 4 short, 30 - 60 second “Pick Ups” within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone. This is NOT at all-out gut-wrenching pace simply one more notch up from where you were running. Keep the pick-up to 30 seconds maximum. Your effort should be no more than 80% of your maximum effort.

TRAINING PLAN KEY

Cross Training (CT): Include activities that are non-running or walking. Cycling, Swimming, Pilates, Yoga, Strength training, Elliptical trainer, Stair-Master, Spinning are great cross training modes for 5K training. Cross training allows you to rest your running muscles while training opposing muscle groups and reducing the risk over training and injury. It helps speed recovery and reduces burnout. Cross training activities should be done at a moderate pace. Your effort should be no more than 60-70% of your maximum effort.

Strength Training (ST): Strength training with machines weights, Resistance tubes/bands or classes like Pilates, Toning or Yoga. Include strength training exercises for you upper body, core (abdominal/trunk)and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest, and prevent the dreaded muscle loss with age.

The more muscle we lose the lower our metabolism sinks. Start strength training session by warming up with 10 minutes of cardio activity [ie. Cycling, Elliptical trainer or Stair-Master] or strength train after running if you are new to strength training begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range, or until you can no longer perform the exercise with good controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer, perform a machine circuit, there are many ways to include resistance training in your life, find the one you enjoy the most.

TRAINING PLAN KEY

Race Simulation Workout: Break the workout time (50 - 75 minutes) into three equal sections – run the first part at an easy effort, the second part at a moderate effort where you can hear your breathing but not reaching for air – and the third part at a hard but controlled effort. This workout teaches you how to pace yourself on Race day and develops physical and mental stamina to run stronger for longer.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Conversational Pace: Conversational pace should be slow and comfortable and allow you to easily speak. Heart rate zone should be between 65 -75% of your maximum or iRate level of 6 - 7.5. Note: Heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max Heart rate of 75% of your maximum, rather than slowing down the pace to stay within the zone.

Easy Pace Easy to moderate pace – is a pace we would say is about 65 - 75% of your maximum Heart Rate or an iRate level 6 - 7, and is a pace you could go at for a long time.

Moderate Pace: Moderate pace at 70-80% of your maximum Heart rate or an iRate level 7+ – a pace where you can hear your breathing, but not breathing hard.

Challenging Pace: Challenging pace at 85 -95% of your maximum Heart rate or an iRate level 8 - 9 – a pace where you are breathing hard, but not all out.

TRAINING PLAN KEY

Speed “A” Workout: Warm-up by walking for 5 minutes at a brisk pace, then run for 10 minutes at an easy pace. Complete the following 5 - 6 times: Run 2 minutes at 90 - 95% of maximum Heart rate or an iRate level of 9, followed by running 4 minutes at an easy pace to recover. After completing the two-minute repeats, cool down by running 5 minutes at an easy pace, followed by 5 minutes walking.

*It is key to be disciplined and run the segments as shown, otherwise the quality of your running could be compromised.

Speed “B” Workout: Warm-up by walking for 5 minutes at a brisk pace, then run for 10 minutes at an easy pace. Complete the following 4 - 5 times: Run 3 minutes hard at 90 - 95% of maximum Heart rate or an iRate level of 9. This should be followed by running for 3 minutes at an easy pace to recover. After completing the three-minute repeats, cool down by running for 5 minutes at an easy pace, followed by 5 minutes walking.

*It is key to be disciplined and run the segments as shown, otherwise the quality of your running could be compromised.

Speed “C” Workout: Warm-up by walking for 5 minutes at a brisk pace, then run for 5 minutes at an easy pace. Complete the following 4 - 5 times: Run 5 minutes at a comfortably hard pace, around 85 - 90% of maximum your Heart rate, or an iRate level of 8.5 - 9. This should be followed by running for 2 minutes at an easy pace to recover. After completing the five-minute repeats, cool down by running for 5 minutes at an easy pace, followed by 5 minutes walking.

*It is key to be disciplined and run the segments as shown, otherwise the quality of your running could be compromised.