

# 6-WEEK IMPROVER 5K TRAINING PLAN

## TARGET 45mins

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

MY PLEDGE: \_\_\_\_\_

MY TARGET TIME: \_\_\_\_\_

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>	15 mins Easy Run	20 mins Easy Run	Rest	30 mins Easy Run	Rest	50 Mins Easy Run	Rest
2 <i>Building time on feet</i>	20 mins Easy Run	10 mins Easy Run 1 Min Fast Run 2 Mins Easy Run X 10 Reps 10 Mins Easy Run	Rest	10 Mins Easy Run 5 Mins Steady Run 5 Mins Tempo Run 5 Mins Easy Run X 2 Reps 10 Mins Easy Run	Rest	50 Mins Easy Run	Rest
3 <i>Consolidate your Running</i>	30 mins Easy Run	10 Mins Easy Run 2 Mins Fast Run 2 Mins Easy Run X 5 Reps 10 Mins Easy Run	Rest	10 Mins Easy Run 8 Mins Tempo Run 3 Mins Easy Jog X 3 Reps 10 mins Easy Run	Rest	1hr Easy Run	Rest
4 <i>Run for longer</i>	30 Mins Easy Run	10 Mins Easy Run 3 Mins Fast Run 2 Mins Easy Run X 5 Reps 10 Mins Easy Run	Rest	10 Mins Easy Run 10 Mins Tempo Run 3 Mins Easy Run X 3 Reps 10 Mins Easy Run	Rest	1hr Easy Run (with final 10 mins faster)	Rest
5 <i>Build your confidence</i>	20 Mins Easy Run	10 Mins Easy Run 30secs Fast Run 60secs Walk X 8 Reps 10 Mins Easy Run	Rest	5 Mins Easy Run 20 Mins Tempo Run 5 Mins Easy Run	Rest	40 Mins Easy Run	Rest
6 <i>Prepare for the race</i>	20 Mins Easy Run	5 Mins Easy Run 5 Mins at Race Pace 5 Mins Easy Run	Rest	15 Mins Easy Run	Rest	Race Day! Good Luck!	