

5K 8-WEEK PLAN

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Version 1.0 - June 2020

→ 3 or 4 days a week
→ Already completed a number 5k/parkrun and 10k/HM races and looking to improve 5k time
→ Injury free for at least 8 weeks prior to commencing the plan
→ Run a 5k the Saturday before commencing the plan for approximate pace during program

Mesocycle	Week	Training Element	Day 1	Day 2	Day 3	Day 4	Other
Base, Strength + Speed Development	1	Fitness	SPEED WORK: 15' warm up + HIGH KNEES drills (see below) + 2 sets of 8x200 meters at maximum velocity, focusing on running form (more important than pace) - 200 meter walk or jog recovery (depending on comfort level) and 800 meter jog in between sets + 10' warm down and light stretches.	HILL WORK: 15' warm up + 10 x burpee strides (see below) + 10 x 30 second efforts up hill with downhill jog recoveries + 20' warm down.	LONG RUN: 25% of weekly volume or 120 minutes (whichever is less) between 60% and 80% HRR (Easy effort or zone 2 - talking pace).	OPTIONAL!! Either 60 minutes at 70%HRR (talking easy pace) or 15' warm up + 20' progressive + 15' warm down. Nonstop progressive run starting at 70%HRR (talking easy pace) and increasing pace by 10 seconds per km or 15 seconds per mile every 5 minutes.	X-TRAINING: 1 day of any other cardio based (non impact)activity if completing 4 day program or maximum of 2 days if only running 3 days per week. Typical activities: cycling, swimming, gym cross trainers, body pump, etc.
		Agility, Balance, Coordination	HIGH KNEES: (3 sets of 25 meters) Walking with tall posture and raising high knees at 90° angle (knee to chest) whilst moving arms to running position. Opposite knee and arm raised at the same time + 3 sets of 25 meters repeating action whilst jogging.	BURPEE STRIDES: 10 x normal burpees and break into a progressive 10 second sprint. Relaxed shoulders and not forcing pace.	X	X	1 day of any pilates, yoga or similar activities not cardio based. Focus on agility, balance, coordination and strength.
		Strength	X	HILL WORK: Focus on slight lean forward and raising leg whilst driving arms to generate power	X	3 x 45 to 60 seconds planks. If too easy alternate lifting one leg at a time during 20 seconds.	
	2	Fitness	SPEED WORK: 10' warm up + 2' tempo effort (between 10k and HM pace) followed by: - 3 x (15" sprint + 15" walk or jog) - 2 x (30" sprint + 30" walk or jog) - 1 x (45" sprint + 45" walk or jog) - 1 x (45" sprint + 45" walk or jog) - 2 x (30" sprint + 30" walk or jog) - 3 x (15" sprint + 15" walk or jog) + 10' warm down and light stretches.	AEROBIC WORK: 10' at 70%HRR (Easy effort or Zone 2) + 50' at 80%HRR (Moderate effort or Zone 3 - Able to talk in short sentences) + 10' at 70%HRR (Easy effort or Zone 2). Continuous run on HILLY course.	LONG RUN: 25% of weekly volume or 120 minutes (whichever is less) between 60% and 80% HRR (Easy effort or zone 2 - talking pace).	OPTIONAL!! Very easy 45' continuous run at 60%-70%HRR (very easy effort or zones 1-2). Aim to stretch and recover.	X-TRAINING: 1 day of any other cardio based (non impact)activity if completing 4 day program or maximum of 2 days if only running 3 days per week. Typical activities: cycling, swimming, gym cross trainers, body pump, etc.
		ABC	HIGH KNEES: (1 set of 25 meters) Walking with tall posture and raising high knees at 90° angle (knee to chest) whilst moving arms to running position. Opposite knee and arm raised at the same time + 4 sets of 25 meters repeating action whilst jogging.	X	Stretches and foam rolling for 20 minutes focusing on quads, hamstrings and calf muscles	X	1 day of any pilates, yoga or similar activities not cardio based. Focus on agility, balance, coordination and strength.
		Strength	X	3 x 30 to 45 seconds planks. If too easy alternate lifting one leg at a time during 10 seconds.		3 x 45 to 60 seconds planks. If too easy alternate lifting one leg at a time during 20 seconds.	

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Base, Strength + Speed Development	3	Fitness	<p>SPEED WORK: 15' warm up + SQUATS drills (see below) followed by:</p> <ul style="list-style-type: none"> - 2 x 90 seconds (60" walking recovery or 45" rest) - 2 x 30 seconds (45" walking recovery or 30" rest) - 10' easy running - 2 x 90 seconds (60" walking recovery or 45" rest) - 2 x 30 seconds (45" walking recovery or 30" rest) - 5' warm down and light stretches 	<p>HILL WORK: 15' warm up followed by:</p> <ul style="list-style-type: none"> - 1 minute up a hill (any incline over 2%) - Recovery down hill jog + 30 seconds rest. - 1 minute up the same hill BUT going farther than the previous sprint (by any distance) - Repeat 2 more times always trying to get slightly farther than before (total of 4 climbs) - 10' warm down <p>PLEASE NOTE: It is ok if you can't get faster each time. What's important is the effort, not the distance covered.</p>		<p>LONG RUN: 30% of weekly volume or 120 minutes (whichever is less) between 60% and 80% HRR (Easy effort or zone 2 - talking pace).</p>	<p>OPTIONAL!! Very easy 45' continuous run at 60%-70%HRR (very easy effort or zones 1-2). Aim to stretch and recover.</p>	<p>X-TRAINING: 1 day of any other cardio based (non impact)activity if completing 4 day program or maximum of 2 days if only running 3 days per week. Typical activities: cycling, swimming, gym cross trainers, body pump, etc.</p>
		ABC	SQUATS DRILLS: 10 x 5 seconds full squat (or partial squat) focusing on straight back.	X	X	X	1 day of any pilates, yoga or similar activities not cardio based. Focus on agility, balance, coordination and strength.	
		Strength		HILL WORK: Focus on slight lean forward and raising leg whilst driving arms to generate power	X	3 x 45 to 60 seconds planks. If too easy alternate lifting one leg at a time during 20 seconds.		
	4	Fitness	<p>SPEED WORK: 15' warm up follow by:</p> <ul style="list-style-type: none"> - 3 minutes tempo effort (between 10k and HM pace) - 1 minute REST - 5 x 45 seconds strong effort + 15" kick sprint (1 minute REST in between reps) - 15' warm down <p>FOCUS on running form during 15 seconds kicks.</p>	<p>AEROBIC WORK: 10' at 70%HRR (Easy effort or Zone 2) + 60' at 80%HRR (Moderate effort or Zone 3 - Able to talk in short sentences) + 10' at 70%HRR (Easy effort or Zone 2). Continuous run on HILLY course.</p>	<p>LONG RUN: 30% of weekly volume or 120 minutes (whichever is less) between 60% and 80% HRR (Easy effort or zone 2 - talking pace).</p>	<p>OPTIONAL!! Either 70 minutes at 70%HRR (talking easy pace) or 15' warm up + 30' progressive + 15' warm down. Nonstop progressive run starting at 70%HRR (talking easy pace) and increasing pace by 5 seconds per km or 10 seconds per mile every 5 minutes.</p>	<p>X-TRAINING: 1 day of any other cardio based (non impact)activity if completing 4 day program or maximum of 2 days if only running 3 days per week. Typical activities: cycling, swimming, gym cross trainers, body pump, etc.</p>	
		ABC	X	X	Stretches and foam rolling for 20 minutes focusing on quads, hamstrings and calf muscles.	X	1 day of any pilates, yoga or similar activities not cardio based. Focus on agility, balance, coordination and strength.	
		Strength	X	3 x 45 to 60 seconds planks. If too easy alternate lifting one leg at a time during 20 seconds.		X	Optional 1 day of gym work: free weights for upper body work or medicinal ball work.	

Mesocycle	Week	Training Element	Day 1	Day 2	Day 3	Day 4	Other
Speed Endurance + Race Week	5	Fitness	<p>SPEED ENDURANCE: 10' warm up followed by:</p> <ul style="list-style-type: none"> - 5 x acceleration strides (25 meters or 15 seconds) - 3 x 5 minutes at tempo pace (15 seconds per km or 25 seconds per mile slower than 5k pace) with 3 minute walk/jog recovery or 2 minutes REST - 5 minute warm down 	<p>AEROBIC WORK: 10' at 70%HRR (Easy effort or Zone 2) + 60' at 80%HRR (Moderate effort or Zone 3 - Able to talk in short sentences) + 10' at 70%HRR (Easy effort or Zone 2). Continuous run on HILLY course.</p>	<p>LONG RUN: 25% of weekly volume or 120 minutes (whichever is less) between 60% and 80% HRR (Easy effort or zone 2 - talking pace).</p>	REST	<p>X-TRAINING: 1 day of any other cardio based (non impact)activity if completing 4 day program or maximum of 2 days if only running 3 days per week. Typical activities: cycling, swimming, gym cross trainers, body pump, etc.</p>
		ABC	Acceleration Strides: Focusing on relaxed shoulders, arm movement and tall posture.	X		X	1 day of any pilates, yoga or similar activities not cardio based. Focus on agility, balance, coordination and strength.
		Strength	X	2 x 90 seconds planks. If too easy alternate lifting one leg at a time during 20 seconds.	Stretches and foam rolling for 20 minutes focusing on quads, hamstrings and calf muscles.	Calf Raises: 3 x 5 calf raises holding the up positioning for 5 seconds and lowering slowly.	Optional 1 day of gym work: free weights for upper body work or medicinal ball work.
	6	Fitness	<p>SPEED ENDURANCE: 10' warm up followed by:</p> <ul style="list-style-type: none"> - 2 minutes at tempo pace (straight into...) - 5 minutes easy running - 3 minutes at tempo pace - 4 minutes easy running - 4 minutes at tempo pace - 3 minutes easy running <p>- 2 x 30" maximum velocity with 1 minute active recovery (easy jog)</p> <p>- 5' warm down</p>	<p>STEADY RUN: Moderate effort or zone 3</p> <ul style="list-style-type: none"> - Slightly slower than marathon pace for sub 3h30m marathon runners - Slightly faster than marathon pace for 3h30m-4h marathon runners. - Slightly slower than HM pace for 4h-5h marathon runners <p>- 10' easy pace</p> <p>- 40' at STEADY pace</p> <p>- 5' slightly quicker than STEADY pace</p> <p>- 10' easy pace</p>	<p>LONG RUN: 25% of weekly volume or 120 minutes (whichever is less) between 60% and 80% HRR (Easy effort or zone 2 - talking pace)</p>	<p>OPTIONAL!! Very easy 45' continuous run at 60%-70%HRR (very easy effort or zones 1-2). Aim to stretch and recover.</p>	<p>X-TRAINING: 1 day of any other cardio based (non impact)activity if completing 4 day program or maximum of 2 days if only running 3 days per week. Typical activities: cycling, swimming, gym cross trainers, body pump, etc.</p>
		ABC	AFTER the session: Light stretches and at least 2 hours after session, light foam rolling for 10 minutes focusing on quads, hamstrings and calf muscles.		Stretches and foam rolling for 20 minutes focusing on quads, hamstrings and calf muscles.		1 day of any pilates, yoga or similar activities not cardio based. Focus on agility, balance, coordination and strength.
		Strength					Optional 1 day of gym work: free weights for upper body work or medicinal ball work.

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Speed Endurance + Race Week	7	Fitness	<p>SPEED ENDURANCE: 10' warm up followed by</p> <ul style="list-style-type: none"> - 5 x 1km at 10"/km or 15"/mile quicker than the pace from the 5K test at the start of the program. - Interval recovery 2 minute active or 90 seconds REST - 10' warm down 	<p>STEADY RUN: Moderate effort or zone 3</p> <ul style="list-style-type: none"> - Slightly slower than marathon pace for sub 3h30m marathon runners - Slightly faster than marathon pace for 3h30m-4h marathon runners. - Slightly slower than HM pace for 4h-5h marathon runners - 10' easy pace - 40' at STEADY pace - 5' slightly quicker than STEADY pace - 10' easy pace 	<p>AEROBIC WORK: 10' at 70%HRR (Easy effort or Zone 2) + 60' at 80%HRR (Moderate effort or Zone 3 - Able to talk in short sentences) + 10' at 70%HRR (Easy effort or Zone 2).</p>	REST	<p>X-TRAINING: 1 day of any other cardio based (non impact) activity.</p>
		ABC	<p>AFTER the session: Light stretches and at least 2 hours after session, light foam rolling for 10 minutes focusing on quads, hamstrings and calf muscles.</p>	<p>SQUATS DRILLS: 10 x 5 seconds full squat (or partial squat) focusing on straight back.</p>	X	<p>Stretches and foam rolling for 30 minutes focusing on quads, hamstrings and calf muscles.</p>	<p>1 day of any pilates, yoga or similar activities not cardio based</p>
		Strength					
	8	Fitness	<p>STEADY RUN: 10' warm up followed by 30 minutes increasing pace every 10 minutes finishing at STEADY PACE.</p> <ul style="list-style-type: none"> - 5' warm down 	<p>AEROBIC WORK: 10' at 70%HRR (Easy effort or Zone 2) + 25' at 80%HRR (Moderate effort or Zone 3 - Able to talk in short sentences) + 10' at 70%HRR (Easy effort or Zone 2).</p>	X	<p>RACE DAY!!!</p> <p>10' very light warm up followed by 3 to 5 stride accelerations holding near max velocity for 5 seconds + 5' of active mobilisation exercises focusing on shoulders, hamstrings, quads, calf muscles and glutes.</p> <p>- Start 5K relaxed and spend the first 20 to 30 seconds building up to the desired pace.</p> <p>Remember to sprint the final 100 meters!</p>	
		ABC	<p>Stretches and foam rolling for 20 minutes focusing on quads, hamstrings and calf muscles.</p>	<p>3 x 45 to 60 seconds planks. If too easy alternate lifting one leg at a time during 20 seconds.</p>			
		Strength					