

The First 5k Training Programme

Welcome to the world of running. Your love affair with putting one step in front of the other over and over again starts here! Or maybe you have taken up running to complete a sponsored event raising money for a charity close to your heart. Whatever your reason for starting to run or training for your first 5k, this programme will give you the direction and confidence you need to complete your first race and/or simply enjoy the benefits of running. This 12 week programme will develop a balanced, conditioned body for running and builds up mileage progressively. This prevents you from putting too much pressure on your muscles and joints too early, consequently picking up injuries and niggles that keep you from achieving your full potential.

Why Run?

Lets look at your motivation first. Running comes with many benefits both physical and psychological.

Running burns calories and aids weight loss as it involves big body movements. So many muscles all over your body are stimulated and engaged to make your body run. Muscle contraction requires energy; we need to burn calories to create energy. Weight loss is the simple equation of using more calories than you consume, so running helps you get the calorie balance right.

Running increases cardio vascular fitness. Running for just a few minutes or more gets the heart pumping, the lungs expanding and oxygenating blood. This improves the body's efficiency to carry out movement and function. It is so important to complete some cardio vascular exercise on a regular basis to help prevent diseases that stem from inactivity.

Running reduces depression and relieves stress. Donning your running shoes and heading outside for a run is a great way of clearing your head. During lower intensity running I find answers to questions that I may have been struggling with in the day, with steady strides I find new perspectives to issues that had previously caused me anxiety. Whilst doing high intensity running I find the only thing that I care about is breathing and getting to the finish line, front door or back to the car. This is incredibly cathartic and many people find that they rationalise their anxiety after a good run.

Running strengthens the muscles and ligaments around your joints. Putting your legs through the range of movement that is needed for running contracts the muscles in the quadriceps, hamstrings, glut's and calves whilst this in turn allows more blood flow to the ligaments keeping them stronger. Many people think that running causes joint pain and injury. It is important to complete a balanced training programme when running,

allowing your legs and joints recovery time and including core conditioning and technique work within your training to prevent injuries occurring.

Running is economic in cost and time. It doesn't cost anything to run, just making sure you have some comfortable footwear. (See footwear notes on page 2). However as with all my programmes I still encourage you to join a gym. Lots of gyms offer great membership deals or a pay as you go option. The equipment and knowledge at a well-run gym will help you develop your all round fitness as well as your running performance. In this programme you will find strengthening exercises as well as walk/jog/run sessions. Running is often more time efficient than other fitness activities as you can just head straight out the front door and run, you can squeeze a run in at lunch time, or perhaps on the way home from work. Because of the intensity of running you can have a high calorie, intense workout in less time that will have an impact on future performance and fitness.

How to run?

So how should you run? You hear of many ways of doing what is essentially just putting one foot in front of the other. Everybody is different, with different physical strengths and weaknesses. It is important to understand your own natural running style before you start trying to adapt your technique. Which part of your foot strikes the ground first, does your foot roll inwards upon contact, what level of flexion do you have at the knees and hips, what is your cadence (leg speed), how long is your stride, how is your posture during a run, are you tense in the neck and shoulders. All are questions that you may ask yourself as you run. It is good to understand how you run so that you can gradually adapt parts of your technique to help you run more efficiently. This programme will help you develop the different principles of fitness for running gradually so that your body progressively adapts to running and learns how to be more efficient. Remember this is a beginners programme so don't expect to qualify for the Olympic team just yet but you will feel the progression of your own ability and performance and consequently more enjoyment.

What to wear?

Let's start with the easy answer. Wear a t-shirt or top that is comfortable with shorts or leggings that allow your legs efficient movement. And then there is the not so simple answer for footwear. First and foremost you need to get a pair of running shoes that are comfortable for you. If you notice that you naturally heel strike then you may think about getting a shoe with some level of cushioning at the heel. One thing that is most important for me when I choose a running shoe is that the shoe is light. Remember you lift and swing each leg thousands of times in a 5km run so lifting even just an extra pound in weight per stride makes a noticeable difference to your overall exertion and speed of muscular fatigue in

your legs at the end of a run or race. Some of us over pronate the foot during the strike (initial contact phase), meaning that the foot collapses inwards on contact with the ground. In this case many running specialists suggest more support on the inside of the shoe. Now, you may find the shoe that matches all your criteria but this doesn't mean that you can afford to ignore technique. Even in a cushioned, super supportive shoe you should still be thinking about landing lighter, using your core muscles and attempting to achieve a wheel like motion with your legs, both striding at similar lengths and pace. You can find and purchase a range of *Go the Distance* recommended clothing and footwear on the website. All items stocked at *Go the Distance Fitness* have been tried and tested by Tim Harris and his team.

The Barefoot Debate.

As you may have noticed in the media and within the running world, there is an ongoing current debate on whether barefoot running is more beneficial for you than running in cushioned shoes. The debate will go on amongst experts and scientists and we can only draw up our own opinions until more substantial research is done in this field. 'Christopher McDougall's book; *Born To Run*' has sparked a worldwide debate on how we should run. Personally this is one of my favourite books and I love the theory behind it. As a programme for beginners *The First 5k* is based on increasing your fitness and technique to allow you to run effectively without picking up injuries. As everyone is individual it is not prudent to begin to summarise the best technique as this may vary from runner to runner. However there are a few basic drills that I believe will help you progressively develop efficient running gait.

Technical Drills

These drills are part of your warm up in your walk/jog/run sessions and don't take long to complete. During all the drills aim to land on the front of your feet. For long distance running I would actually promote landing on the mid foot but if you think about landing on the front of your feet, I find runners quite often land on the mid foot as a natural compromise. Note that all the drills exaggerate technique but when we go to run for longer periods of time the joints and muscles are then more prepared to maintain an effective balance.

- High Knees – This Drill gets the hip flexors mobile and working in a greater range of movement.
- Bum Flicks – This activates the hamstrings and promotes a more efficient heel swing every stride.
- Short Sprints – This encourages your fast twitch muscle fibres and concentrates posture and core control.

For all drills please follow the links to the videos on the go the distance fitness website.

Nutrition For Running

When embarking on a twelve-week training programme you need to ensure that you are fuelling your body with the right balance of foods. It is back to the basics of carbohydrates, protein, fats and fruit and vegetables. All macronutrients are important for performance so don't cut any of them out.

Carbohydrates – These come in several forms and are where we get a lot of our energy. When completing a training programme it is important that you aim to get lots of complex carbohydrates which we can get from wholemeal / wholegrain foods like brown pasta's, wholegrain rice and bread. Another great source of complex carbohydrates are root vegetables, such as Potato, carrots and parsnips. All the different foods have a variety of nutrients so try to mix up your diet and vary your meals. Complex carbohydrates are more effective for running than simple carbohydrates such as white bread, pasta and rice etc as the simple carbs release their energy quickly. This can often lead to an imbalance in your blood sugar levels, which means half way through your training session you may feel short of energy. The wholegrain version of the foods release their energy slowly over a longer period keeping your blood sugar levels and consequently your energy on more of an even balance.

Protein – We need protein in our diet to repair and rebuild the muscles and cells that we have worked in our training sessions. Without protein the body takes longer to recover from the training and this can often lead to excessive overload and over training. Foods that are high in protein include meats, fish, beans, lentils and eggs. Once again each food has many other nutritional benefits so it is always best to vary your meal plans and food intake.

Fats – Even if we want to lose weight it is still important to have some fat in our diet. Fat is the most economical way to store energy. In modern day diets and foods it is almost impossible to cut out all fat, something we wouldn't want to do. It is important to find the right balance. The RDA (recommended daily allowance) for fat in women is 70g and in men is 95g. It is easy to get the fat we need through every day foods such as milk, nuts and oils, without having to eat the high fatty, processed foods such as crisps, chips etc.

Fruit and Vegetables – These foods are so important for our running performance as they give us the vitamins and minerals needed to stay healthy and effective. Once again different types of fruit and vegetable contain different vitamins and minerals so it is important to keep your intake varied. Fruits and vegetables are a great snack for athletes and runners as they can provide energy and hydration and can be quicker to digest than meats and wholegrain foods.

Water – Even a 2% drop in hydration levels can lead to a reduction in physical performance, so ensure that you stay hydrated on both training days and recovery days. As a recommendation, carry around a water bottle wherever you go; work, training or home, it means that you will be thinking about drinking more often. We need at least 1.5 to 2 litres a day of fluid, and even more if we are training as we obviously lose water through sweat when completing training sessions.

Before a race or a time trial, it is important to eat a balanced diet containing all of the above. Unlike preparing for a marathon, a 5km race will not require a huge increase in carbohydrate intake the night or morning before a race, however, you should make sure that there is sufficient carbohydrate value in your pre race meals. Porridge oats with some fruit is a great breakfast for any training or race day.

The 12-week Programme.

To progressively develop your running this programme uses a combination of varying paces. Three clear changes of speed that will help you develop speed endurance and make the workouts doable and interesting rather than just going out for a boring tedious long run.

Unless stated, you can mix up the order of your sessions each week, but try to have a recovery day in between each of the sessions. If you are really keen and want to do more then perhaps some cross training in the form of swimming and cycling would be beneficial during your recovery days but keep the intensity of these extra sessions low. Each week, except week 6, includes a gym session. Unless you are already familiar with gym exercises you will need to check out the videos that demonstrate correct technique for the exercises. You can view these videos by following the links on the Go the Distance website.

On all the session plans you will find a RPE (rate of perceived exertion). Please see Appendix A for guidance notes on how to gauge the right intensity for each exercise.

Good luck with the following programme. There is online support available by emailing gothedistancetraining@live.com. Please email feedback and pictures of your story and training journey towards your first 5k. Alternatively you can comment on our website or facebook pages by following the links below.

The First 5k / 12-Week Programme and Session Plans

Week One: Below are the three sessions to complete in your first week of training. There are two run/jog/walk sessions that can be completed outside or on the treadmill, plus one session to be completed in the gym. The run/jog/walk sessions are based on time so you don't need to necessarily need to measure your distance although if you have a satellite watch that gives you pace and distance it is a useful tool. It does not matter which order you complete the week's sessions in but try to leave a days recovery in between each one.

Week: 1 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk	60%	
Stretch and drills- 5 mins		Static and Dynamic Stretches
1 min jog/run	80%	Complete this 2 min set 4 times
1 min walk recovery	50%	
3 mins brisk walk	60%	
2 mins jog/run	70%	Complete this 3 min set 2 times
1 min walk recovery	50%	
3 mins brisk to relaxed walk	60-50%	
Stretch - 5 mins		Static stretches
	Total Duration of Session = 35 mins	

Week: 1 / Session: B - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
10 minutes brisk walk	60%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
5 mins (progressively faster jog-run)	60-90%	Complete this 8 min set 2 times
3 mins relaxed walk recovery	50%	
5 mins brisk to relaxed walk	60-50%	

Stretch – 5 mins	Total Duration of Session = 33 mins	Static stretches
Week: 1 / Session: C – Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins warm up on Bike or X-trainer	60%	Progressively increase resistance
Stretch – 5 mins		Dynamic and static stretches
X-trainer – 3 mins fast	80%	Complete the 4 min X-trainer set 3 times
X-trainer – 1 min recovery	60%	
Leg Press – 15 reps x 2 sets	90%	
Bent Over Row – 15 reps x 2 sets	90%	Use Barbell
Press ups – 10-15 reps x 2 sets	90%	Complete on knees or toes
Lunges – 10 each leg x 2 sets	80%	Use body weight no extra weights
Rower – 5 mins	70%	Go steady with long strokes stretching out your muscles.
Leg curls with ball x 10	90%	Complete these 2 exercises 2 times each alternating between each.
Plank on knees or toes x 10-30 secs	90%	
X-trainer – 5 mins	60%-50%	Gradually reduce intensity
Stretch- 3-5 mins		Static Stretches
	Total Duration of Session = 60mins	(approx)

Week Two: See the following three sessions for your second weeks training towards your first 5k. Like the first week there are two run/jog/walk sessions with one gym session.

Week: 2 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
8 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
30 secs walk / 30 secs jog / 30 secs run	Walk 60%/jog70%/run90%	Complete this 1.5 min set 6 times
3 mins brisk walk	60%	
2 mins jog/run	80-90%	Complete this 2.5 min set 3 times
30 secs relaxed walk	50%	
5 mins brisk to relaxed walk	60-50%	
Stretch - 5 mins		Static stretches
	Total Duration of Session = 42 mins	

Week: 2 / Session: B - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
3 mins brisk walk	60%	
3 mins jog	70%	
3 mins run	90%	
Stretch and drills - 5 mins		Dynamic and static stretches
8 mins - light jog		Try to keep jogging for the whole 8 mins. If you need to stop, stop the watch and then start it again when you start running again but aim to complete the 8 mins.
5 mins - brisk to relaxed walk	60-50%	
Stretch - 5 mins	Total Duration of Session = 32min	

Week: 2 / Session: C - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins warm up on Bike or X-trainer	60%	Progressively increase resistance
Stretch - 5 mins		Dynamic and static stretches
Rower - 2 mins fast	80%	Complete the 3 min Rower set 4 times
Rower - 1 min recovery	60%	
Leg Press - 15 reps x 1 set	90%	Complete these exercises in a circuit and complete 3 times through.
Reverse Fly - 15 reps x 1 set	90%	
Chest Press - 15 reps x 1 set	90%	
Squats -15 reps x 1 set	80%	
Treadmill - 5 mins - jog at incline 1.0	70%	
Calf raises on step box x 15	90%	Complete these 2 exercises 3 times each alternating between each.
Plank on knees or toes x 10-30 secs	90%	
X-trainer - 5 mins	60%-50%	Gradually reduce intensity
Stretch- 3-5 mins		Static Stretches
	Total Duration of Session = 60mins	(approx)

Week Three: Your third weeks' training again consists of two run/jog/walk sessions and one gym session.

Week: 3 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
4 mins jog/run with 1 min recovery walk	80-90% / 50%	Repeat this 14 min set twice. You need to pace out each jog/run effort to ensure you can keep going for the specified duration. Try to get faster as the duration of the effort decreases.
3 mins jog/run with 1 min recovery walk	80-90% / 50%	
2 mins jog/run with 1 min recovery walk	90% / 50%	
1 min jog/run with 1 min recovery walk	90% / 50%	
5 mins brisk to relaxed walk	60-50%	
Stretch - 5 mins		Static stretches
	Total Duration of Session = 48 mins	

Week: 3 / Session: B - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
3 mins brisk walk / 2 mins light jog	60%-70%	
Stretch and drills- 5 mins		Dynamic and static stretches
10 mins - light jog		Try to keep jogging for the whole 10 mins. If you need to stop, stop the watch and then start it again when you start running again but aim to complete the 10 mins.
5 mins - brisk to relaxed walk	60-50%	
Stretch - 5 mins	Total Duration of Session = 30min	

Week: 3 / Session: C - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins warm up on X-trainer	60%	Keep resistance level the same throughout, but complete the last minute pedalling backwards.
Stretch - 5 mins		Dynamic and static stretches
Rower - 500mtrs	70%	Complete this mini triathlon in the gym, keeping the intensity steady throughout. Try to go straight from one machine to another without too much rest in between. Choose speeds and levels that get you working at 70% intensity. Not too hard, but not too easy!
Bike - 2km	70%	
Treadmill - 800mtrs (0.5 miles)	70-80%	
Leg Curls with ball x 15 x 3 sets. Try the 2 nd set with right arm across chest and the 3 rd set with left arm across chest. Keep core still	90%	Keep hips high, take 30 secs recovery in between each set.
Chest Press on ball with db x 15 reps x 3 sets	90%	Do a 20 sec plank in between each set.
Bent Over Row with bb x 15 reps x 3 sets	90%	Hold a static squat in between each set.
Alternating lunges x 10 each leg x 3 sets	90%	Balance on tip toes for 30 secs in between each set
Medicine ball crunch x 15 x 3 sets	90%	Do a 30 sec plank in between each set.
X-trainer - 5 mins	60%-50%	Gradually reduce intensity
Stretch- 3-5 mins		Static Stretches
	Total Duration of Session = 55mins	(approx)

Week Four: This weeks training consists of a jog/run/walk interval session, a gym session and your first time trial session. Complete the time trial session at the end of this weeks training.

Week: 4 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
30 secs jog / 15 secs run / 15 secs walk	Jog at70% run at90% walk at50%	Complete this 1 min set 8 times
5 mins brisk walk	60%	
15 secs jog / 30 secs run / 15 secs walk	Jog at70% run at90% walk at50%	Complete this 1 min set 8 times
5 mins brisk to relaxed walk	60-50%	
Stretch - 5 mins		Static stretches
	Total Duration of Session = 41 mins	

Week: 4 / Session: B - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins warm up on Bike	60%-70%	Progressively increase speed, keep level the same
Stretch - 5 mins		Dynamic and static stretches
X-trainer - 100m @ 60/70/80/90% (400m)	60/70/80/90%	Complete this set twice, pedalling forwards on the 1 st set and backwards on the 2 nd set.
Lunges with bb - 10 reps each leg x 1 set	90%	
Pulldown - 15 reps x 1 set	90%	Complete these exercises in a circuit and complete 3 times through.
Chest Press - 15 reps x 1 set	90%	
Rower - 1000mtrs steady	70%	
Step Ups on step x 1 min	90%	Complete these 2 exercises 3 times each alternating between each.
Calf raises on step x 20	90%	
Rower - 1000mtrs	70-80%	Try to beat previous time for 1000m on rower.
Bike - 5 mins easy cool down	60-50%	
Stretch- 3-5 mins		Static Stretches
	Total Duration of Session = 55mins	(approx)

Week: 4 / Session: C - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins relaxed to brisk walk	50-60%	
Stretch and drills- 5 mins		Dynamic and static stretches
1 MILE TIME TRIAL - Aim to run as much of the mile as you can, but don't worry if you have to walk some. However do not stop the watch until you have completed your mile.	90%	You need to be able to measure out a mile, so you may need to use a treadmill unless you have a distance watch. Record your time and date completed.
5 mins - Brisk to relaxed walk		
STRETCHING 15 mins. Static & Progressive	Total Duration of Session = 50mins (approx)	Hold your stretches for up to 1 min on each.

Week 5: Now that you have a mile time recorded, whether you walked some of it or not, we can use this information to dictate your pace in the next few weeks training. The speed/pace that you completed your 1-mile time trial will be referred to as **race pace** for future reference. In this week's training, we introduce hill intervals, these can be done outside or on the treadmill using the incline.

Week: 5 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
8 x hill run (fast up hill, slow recovery walk down)	90% uphill / 50% down	Each hill should take about 45 secs to 1 minute to get up. If you are completing the session on the treadmill, put the incline on at least 4%, but return to no incline during your rec walk.
5 mins brisk walk	60%	
5 mins easy jog	70%	
5 mins brisk to relaxed walk	60-50%	
Stretch - 5 mins		Static stretches
	Total Duration of Session = 55 mins	

Week: 5 / Session: B - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
5 mins run @ race pace	80%	
2 mins relaxed walk	50%	
7.5 mins run @ race pace	80%	
3 mins relaxed walk	50%	
10 mins run @ race pace	80%	
5 mins brisk to relaxed walk	50%	
Stretch - 5 mins		Static stretches
	Total Duration of Session = 51 mins	

Week: 5 / Session: C - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins warm up on X-trainer	60-70%	Progressively increase resistance
Stretch - 5 mins		Dynamic and static stretches
Rower - 10 strokes hard/fast then 5 strokes easy	90% for 10 and 50% for 5 strokes	Complete 6 times
Bike - 1km at 80rpm / 90rpm / 100rpm	70,80,90%	3km in total adjust resistance to achieve rpm
Leg Press x 15 reps	90%	Complete all 3-leg exercises in a circuit and do 3 times through.
Lunges x 10 each leg	90%	
Calf Raises on step box x 15 reps	90%	
Chest flies on ball with db x 15 reps	90%	Complete all 3 upper body exercises in a circuit and do 3 times through.
Seated Row x 15 reps	90%	
Shoulder Press x 15 reps	90%	
X-trainer - 2 mins forwards 2 mins back	60%	
Stretch- 5 mins	Total Duration of Session = 55min	Static Stretches

Week 6: You are well on your way to 5k at this point. Many of your walk/jog/run sessions will have already got you completing further than 5km distance so we are building up your endurance so that you can run the whole distance. This week you take a break from the gym and have another attempt at your 1 mile time trial. If you didn't run the whole mile 2 weeks ago, try to run more of it this week and if you managed to run the whole mile last time, have a go at running slightly faster and beating your previous time.

Week: 6 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
1 min jog	70% (slower than race pace)	Aim to complete this 6 minute set 4 times. It is tough to keep jogging after you have been running at high intensity but have a go. Make sure there is a clear change of pace between walk, jog and run.
2 mins run	80-90% (faster than race pace)	
1 min jog	70%	
2 min brisk walk	60%	
5 mins brisk to relaxed walk	60-50%	
Stretch - 5 mins		Static stretches
	Total Duration of Session = 44 mins	

Week: 6 / Session: B - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
2 mins run	70-80% (at race pace)	Complete this 7 min set 4 times.
30 secs recovery walk	50%	
1 min run	90% (faster than race pace)	
3.5 mins brisk walk	60%	
5 mins brisk to relaxed walk	60-50%	
Stretch - 5 mins	Total Duration of Session = 48 min	Static stretches

Week: 6 / Session: C - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
1-MILE TIME TRIAL: Complete the 1-mile distance as quick as you can.	80-90%	You will need a distance gage for this, you can use a treadmill to give you an accurate distance. Try to beat your previous time.
5 mins brisk to relaxed walk	60-50%	
STRETCHING - 15 mins		Complete static and progressive stretches. Hold the stretches for a min.
	Total Duration of Session = 50 min	

Week 7: Back into the gym this week for 2 sessions with one walk/jog/run session.

Week: 7 / Session: A - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins warm up on Rower	60-70%	Progressively increase speed
Stretch - 5 mins		Dynamic and static stretches
X-trainer - 0.5km	70%	Complete these 2 cardio exercises 3 times alternating between the two. On the 2 nd time on the x-trainer pedal backwards for the 0.5km effort.
Bike - 1km sprint	90% Choose your level to achieve specified intensity.	
Chest Press x 10 reps x 3 sets	90%	Increase the weight on all of the exercises and reduce the repetitions down to 10. This will develop your muscle conditioning without building size.
Pulldown x 10 reps x 3 sets	90%	
Shoulder Press x 10 reps x 3 sets	90% 30 secs rest in between each set.	
Rower - 1000mtrs steady - easy	70-50%	
Stretch- 5 mins	Total Duration of Session = 60min	Static Stretches
Week: 7 / Session: B - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins warm up on X-trainer	60-70%	Progressively increase speed
Stretch - 5 mins		Dynamic and static stretches
5 mins light treadmill jog/run	70%	
Squats with barbell x 10 reps x 3 sets	90%	Increase the weight on all of the exercises and reduce the repetitions down to 10. This will develop your muscle conditioning without building size.
Lunges with barbell x 10 reps x 3 sets	90%	
Leg Press x 10 reps x 3 sets	90%	
Calf raises using leg press x 10 reps x 3 sets	90% 30 secs rest in between each set.	
Medicine ball sit ups x 15	90%	Complete this core and abs circuit 3 times.
Russian Twist with med ball x 20	90%	

Plank x 30 secs	90%	
Treadmill 5 mins – light jog to brisk walk	70-60%	
Stretch- 5 mins	Total Duration of Session = 50min	Static Stretches

Week: 7 / Session: C - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills – 5 mins		Static and Dynamic Stretches
5 x hill runs with walk down recovery	90% uphill / 50% downhill	Find a hill which takes approx 30 secs to run up. Or you could use the treadmill with an incline of 5.0.
1 min run @ 90% / 30 secs jog @ 70%	90 and 70%	Complete this 1.5 min set 3 times
5 min brisk walk	60%	
1 min run @ 90% / 30 secs jog @ 70%	90 and 70%	Complete this 1.5 min set 3 times
5 mins brisk to relaxed walk	60-50%	
Stretch – 5 mins	Total Duration of Session = 45 min	Static stretches

Week 8: At the end of this week your third session will be a 2-mile Time Trial. Much like the 1-mile efforts, aim to complete as much of this distance running as possible. Don't stop the time until you have completed the 2-mile distance. Make sure you record your time and the date when complete.

Week: 8 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
6 mins run @ race pace	70-80%	Complete this 9 minute set 3 times
3 mins recovery walk	50%	
2 mins fast run	90% (faster than race pace)	
2 mins light jog	60-70% (slower than race pace)	
1 min fast run	90% (faster than race pace)	
5 mins brisk to relaxed walk	60-50%	
Stretch - 5 mins		Static Stretches
	Total Duration of Session = 52 min	

Week: 8 / Session: B - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
8 mins warm up on Any piece of cardio	60-70%	Progressively increase speed
Stretch – 5 mins		Dynamic and static stretches
X-trainer – 10 mins	70-90%	During the first 5 mins increase the resistance level every min. On the second 5 mins reduce the level every min.
Reverse Fly with db standing on core board x 10-15 reps	90%	Where applicable aim to use the heavier weights that you progressed onto last week. Complete these three exercises in a circuit and do 3 times through.
Chest Press x 10-15 reps	90%	
Leg Press x 10-15 reps	90%	
Crunches on the ball x 25 x 3 sets	90%	
Static Side raise db with static lunge x 10 secs hold each leg. X 2 efforts each leg	90%	Hold a 40 second plank in between each set.
Calf raises balanced on step box x 15 x 3	90%	Take 10 secs recovery after every lunge.
Rower – 3 x 300mtr efforts with 30 secs complete stop recovery.	90%	Balance on the edge of the step box whilst completing exercise.
Stretch- 5 mins		You can set this up on concept 2 rowers by following the select workout and intervals distance options.
		Static Stretches
	Total Duration of Session = 60 min	

Week: 8 / Session: C - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
2-MILE TIME TRIAL: Complete the 2-mile distance as quick as you can.	80-90%	You will need a distance gage for this, you can use a treadmill to give you an accurate distance.
5 mins brisk to relaxed walk	60-50%	
STRETCHING - 15 mins		Complete static and progressive stretches. Hold the stretches for a min.
	Total Duration of Session = 50 min	

Week 9: The pace that you ran for your 2-mile time trial is now considered your race pace for future references in this programme. This may have been slower than original race pace or perhaps even faster than the original race pace.

Week: 9 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
30 secs walk / jog / run x 4	60/70/80-90%	Keep repeating continuously until all 4 done
2 mins brisk walk	60%	
1 min walk / jog / run x 3	60/70/80-90%	Keep repeating continuously until all 3 done
2 mins brisk walk	60%	
1.5 min walk /jog /run x 2	60/70/80-90%	Keep repeating continuously until both done
5 mins light jog to walk	70-50%	
Stretch - 5 mins		Static Stretches
Total Duration of Session = 50 min		

Week: 9 / Session: B - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
5 mins brisk walk into light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
20 mins - Continuous run	70-80% (race pace)	
5 mins - Brisk walk	60%	
5 mins fast run	90% (faster than race pace)	
5 mins recovery walk	50%	
Stretch - 5 mins		Static Stretches
Total Duration of Session = 50 min		

Week: 9 / Session: C - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
8 mins warm up on X-trainer	60-70%	4 mins pedal forwards / 4 mins backwards
Stretch - 5 mins		Dynamic and static stretches
Rower - 1000mtrs	80%	Try to complete this gym triathlon, changing from one machine to the next as quick as you can. Adjust levels and speed to specified intensity. Complete all 5 exercises in a circuit and complete the circuit 4 times.
Bike - 3km	80%	
Treadmill - 1km run	80%	
Press ups x 10	90%	
Sit Ups with Med ball x 10	90%	
Lunges x 10 each leg	90%	
Deadlift with barbell x 10	90%	
Shoulder Press with db x 10	90%	
X-trainer - 4 mins cool down	70-60%	2 mins pedal forwards / 2 mins backwards
Stretch- 5 mins		Static Stretches
	Total Duration of Session = 60 min	

Week 10: Just 3 weeks of training left on this programme. You have done really well to complete the last 9 weeks and hopefully you are enjoying the benefits of running. The last few weeks of this training programme include a time trial as your session C. Use this session to practice your pre race routine, including nutrition and rest.

Week: 10 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
8 mins light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
30 secs run / 15 secs walk/jog	90% and 50%	Repeat this 7 mins 30 secs interval set 3 times through.
1 min run / 30 secs walk/jog	90% and 50%	
1.5 min run / 45 secs walk/jog	90% and 50%	
2 min run / 1 min walk/jog	90% and 50%	
5 mins light jog	70-50%	
Stretch - 5 mins		Static Stretches
	Total Duration of Session = 45 min	

Week: 10 / Session: B - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
1000mtrs warm up on Rower	60-70%	
Stretch - 5 mins		Dynamic and static stretches
X-trainer - 300mtrs steady / 100mtrs fast	70 and 90%	Complete 4 times. (1600m in total) Adjust levels to specified intensity.
Leg Press x 10-15 reps	90%	Alternate between these 2 exercises and complete 3 times through.
Calf raises on leg press x 10-15 reps	90%	
Chest Flies on ball db x 15 reps	90%	Alternate between these 2 exercises and complete 3 times through.
Bent Over Row barbell x 15 reps	90%	
Lunges x 1 each leg into squat x 1 (all x 10)	90%	Use body weight only!
Abs 3 stage crunch x 15 each stage	90%	Use cradle if desired.
Plank	90%	1 min
Cool Down on Bike	60%	
Stretch	Total Duration of 50 mins	Static stretches

Week: 10 / Session: C - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
10 mins light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
1-MILE TIME TRIAL: Complete the 1-mile distance as quick as you can.	80-90%	You will need a distance gage for this, you can use a treadmill to give you an accurate distance. Aim to beat previous time.
5 mins brisk to relaxed walk	60-50%	
STRETCHING - 15 mins	Hold the stretches for a min	Complete static and progressive stretches.
	Total Duration of Session = 50 min	

Week 11: This week includes your last intense walk/jog/run session. Once again practice your pre race routine for session C. There is not much walking in this weeks sessions but if you need extra walking/recovery time allow yourself to include it.

Week: 11 / Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
10 mins light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
3 mins jog	70%	Complete this 6 minute set 3 times.
2 mins race pace	80%	
1 min fast run	90%	
2 min brisk walk	60%	
45 secs fast run / 15 secs walk X 5	90% and 50%	
5 mins light jog	70-50%	
Stretch - 5 mins		Static Stretches
	Total Duration of Session = 50 min	

Week: 11 / Session: B - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
Treadmill – 8 mins light jog	60-70%	Include a 1.0 % incline
Stretch – 5 mins		Dynamic and static stretches
Rower – 1500mtrs	70%	Keep steady pace throughout
Lunges x 10 each leg – front foot on core board.	90%	Alternate between these 2 exercises and complete 3 times through.
Single leg curl with ball x 10 reps each leg	90%	Keep hips high during leg curl.
X-trainer – 3 mins forward / 3 mins back	80%	Keep speed high and adjust level to get 80% rpe
Calf Raises balanced on step x 20	90%	Alternate between these 2 exercises and complete 3 times through.
Alternate front and side raise with dbs standing on core board x 10 of each	90%	
Bike – 2km	80%	
Chest flies sat on ball with cables x 15 x 3	90%	Stay on toes whilst sat on ball. 30 secs rec in between each set.
Pulldown x 15 x 3 sets	90%	1 set on each grip, wide, middle and narrow. 30 secs rec in between each set.
Cool Down on x-trainer – 5 mins forward	60%	
Stretch	Total Duration of 80 mins	Static stretches

Week: 11 / Session: C - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
10 mins light jog	60% - 70%	
Stretch and drills - 5 mins		Static and Dynamic Stretches
2-MILE TIME TRIAL: Complete the 2-mile distance as quick as you can.	80-90%	You will need a distance gage for this, you can use a treadmill to give you an accurate distance. Aim to beat previous time.
5 mins brisk to relaxed walk	60-50%	
STRETCHING - 15 mins	Hold the stretches for a min	Complete static and progressive stretches.
	Total Duration of Session = 65 min	

Week 12: The final week! If already entered, this may be the week of your race, or it maybe that you just want to test your fitness and see if you can do the 5k. If you have completed all the sessions over the past 11 weeks then I am sure you will cruise round the 5km route. This final week is based at a lower intensity apart from race day or the final session where you want to be able to run as fast as you can over the 5km.

Week: 12/Session: A - Outside/Treadmill		
Exercise / Training	RPE (rate of perceived exertion)	Notes
10 mins light jog	60% - 70%	
Stretch and drills - 10 mins		Spend twice as long as usual completing your stretches and drills.
2 mins run at race pace	70-80%	Complete this 6.5 min set 3 times. Try to lengthen your stride on the fast minute efforts.
30 secs brisk walk	60%	
1 min fast run	90%	
3 mins light jog	70%	
10 mins light jog	70%	
Stretch - 5 mins	Total Duration of Session = 55 min	Static Stretches
Week: 12 / Session: B - Gym		
Exercise / Training	RPE (rate of perceived exertion)	Notes
X-trainer - 8 mins	60-70%	Progressively increase resistance.
Stretch - 5 mins		Dynamic and static stretches
Rower - 500mtrs easy 250mtrs fast	60 and 90%	
Squats with light barbell x 15	80%	Lighter than previous weights on all 3 exercises. Complete in a circuit and do 3 times
Chest Press x 15	80%	
Bent over row x 15	80%	
Treadmill - 8 mins light run	70-80%	Run with an incline of 2.0%
Press Ups x 10 into plank x 30 secs X 5	80-90%	Complete 5 sets
Med ball sit ups x 10 x 5 sets	90%	Stretch in between each set.
Cool Down on x-trainer - 4 mins	60%	2 mins forwards / 2 mins backwards
Stretch - 15 mins	Total Duration of 70 mins	Static and progressive stretches

Week: 12 / Session: C - Outside/Treadmill / RACE DAY!!		
Exercise / Training	RPE (rate of perceived exertion)	Notes
10 mins light jog	60% - 70%	Even if you are racing you still need to warm up properly!
Stretch and drills - 5 mins		Static and Dynamic Stretches
5km Run: Complete the 3.2-mile distance as quick as you can.	80-90%	You will need a distance gage for this, you can use a treadmill to give you an accurate distance. Pace yourself throughout the run, aiming to run the whole distance.
5 mins brisk to relaxed walk	60-50%	
STRETCHING - 15 mins	Hold the stretches for a min	Complete static and progressive stretches.
	Total Duration of Session = 65 min	