



TRAINING PLAN

Beginner Plan - 5km



 **WaterAid**

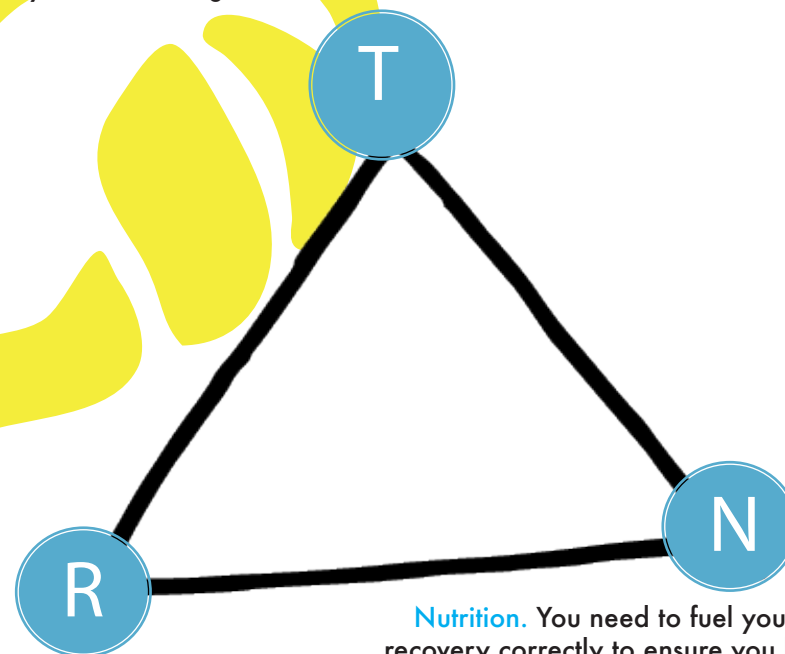
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Keeping it all in balance.

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is the training triangle you see to the right. Most of us think about the training sessions we need to do to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also considered as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition by ensuring you listen to your body and respect its need to rest in order to improve.

Training. Your running, cross training and conditioning sessions contained within this plan need to progress over the weeks and get more specific to the distance for which you are training. .



Rest. Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Nutrition. You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to both have the energy to train hard, but also heal muscles and cells between sessions and keep your immune system, blood and bones strong.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	REST	1 min easy run/ 1 min easy walk x10	REST	1 min easy run/1 min walk x10	REST	30 min brisk walk	2 min easy run / 1 min walk x 7
2.	REST	2 min easy run / 1 min walk x6	REST	2 min easy run/ 1 min walk x 6	REST	45 mins brisk walk OR 20 min aerobic x training	3 min easy run / 1 min walk x 5
3.	Core work/30 min swim	4 min easy run / 1 min walk x3	REST	5 min easy run/ 1 min walk x3	REST	45 mins brisk walk OR 20 min aerobic x training	7 min continuous easy run / 2 min walk then 4 min run / 1 min walk x2
4.	Core work /30 min swim	5 min run/ 1 min walk x3 then 2 min run / 1 min walk x3	REST	5 min run / 1 min walk x 4	REST	60 mins brisk walk or 30 mins cross training	10 min easy run / 2 min walk then 5 min run / 1 min walk x 2

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.	REST	4 min run / 1 min walk x5	REST	7 min run / 1 min walk x 3	REST	REST	15 min easy run / 1 min walk then 10 min brisk walk
6.	Core work/30 min swim	6 min easy run / 1 min walk x4	REST	10 min easy run / 1 min walk x 2	REST	60 mins brisk walk or 30 mins cross training	20 mins easy run / 1 min walk then 5 min easy
7.	RESTCore work/30 min swim	6 min easy run / 1 min walk x 5	REST	12 min easy run / 1 min walk x 2	REST	60 mins brisk walk or 30 mins cross training	25 min easy run then 10 mins brisk walk
8.	Core work/30 min swim	8 min easy run / 2 min run x 4	REST	10 min run / 1 min walk x 3	REST	REST	30 mins continuous running

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Core work/30 min swim	15 minute easy run	REST	25 minutes continuous running	REST	60 mins brisk walk or 30 mins cross training	35 mins continuous running
10.	REST	6 min, 5 min, 4 min, 3 min, 2 min, 1 min runs with 90 secs walk inbetween blocks	REST	15 min easy run then 1 min run/ 1 min walk x8	20mins aerobic X/T easy	REST	5k Race!!

Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

Threshold Runs (THR)

After the long run threshold runs are probably your most valuable workouts. They are run at a controlled brisk pace, about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running economy and aerobic capacity .

Long Runs (LR)

Long runs are vital in your plan and key to racing well in long distance races from 5km – marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort. Gradually this will build to 75% of WHR as you start to practice periods of race pace running. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of your max heart rate, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes @ 5km race pace with a 90 second jog recovery.

Race Pace (MP)

Understanding the pace and effort you intend on running your race at is very important. Pace judgment and patience on the big day will be crucial to running your best 5km-marathon.

Warming Up/Warm down (WU)

When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement.

Cross-Training & core conditioning (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, the cross trainer etc, otherwise you are more likely to pick up an annoying injury that will set back your training. More experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running.

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