

FAST 5K RUN

Workout Goal	This workout plan is perfect for an individual wishing to run 5k quickly, where you only have limited time to train						
Workout Description	You've signed up for a 5k race and you need to perform. This is an intense program. You should have some running experience before starting this workout planner						
Safety Brief	Usual Treadmill brief, take extra care with fatigue and ensure you stretch at the end of every session						
Equipment	Treadmill						
Duration	Dependent on run speed!						
Mobilisers	Thoracic Spine Rotation Wall ankle / Achilles mobilisation Lunge walk with overhead reach						
The Workout	Session Design				Methodology		
	Follow the plan below as best you can, but you can switch days to accommodate your schedule and training partners. Just make sure you don't do two really intense or long workouts two days in a row				Monday's a generally set as rest days as it's likely you'll have more time for longer runs at the weekend. Don't ignore the rest days, they are critical to ensure your body recovers		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	40 minutes of bike, cross-trainer or row. Choose CV equipment with little impact	10 minute easy run, 20 minutes @ 7/10 effort. 5 minutes easy run, 3 x 500m incline 4%. Take 2 minutes easy run inbetween each set	Easy run - 5K	3 x 10 minute hard runs. Effort should be minimum 8/10. Take a 5 minute walk inbetween each set	Rest	Easy run - 10K	Easy run - 5K
	45 minutes of bike, cross-trainer or row. Choose CV equipment with little impact	10 minute easy run, 25 minutes @ 7/10 effort. 5 minutes easy run, 4 x 500m incline 4%. Take 2 minutes easy run inbetween each set	Easy run - 5K	3 x 10 minute hard runs. Effort should be minimum 8/10. Take a 4 minute walk inbetween each set	Rest	Easy run - 10K	Fast run - 5K
	40 minutes of bike, cross-trainer or row. Choose CV equipment with little impact	10 minute easy run, 30 minutes @ 7/10 effort. 5 minutes easy run, 3 x 500m incline 6%. Take 2 minutes easy flat run inbetween each set	Rest	Hard run - 5K. Look to achieve a PB	Rest	Easy run - 10K	Hard run - 5K. Look to achieve a PB
40 minutes of bike, cross-trainer or row. Choose CV equipment with little impact	5 minutes easy run, 4 x 500m incline 6%. Aim to maintain similar pace for 2 minutes flat inbetween each set	10 minute easy run, 30 minutes @ 8/10 effort. Additional stretch focus	Easy run - 5K	Stretch and SMR	Rest	RACE DAY! Good luck	
Cool Down	Slow to walking pace for 5 minutes and then stop. Straight legs and reach to floor (move in and out of range don't hold a stretch), change where you reach each time (fwd, bk, left, right, twist left, twist right)						
Stretch	Quads, Hamstrings, Calf, Glutes, Lower Back						
Signposting	Enquire with reception to see if any of the PTs at your club have any run specific experience. Also ensure you have the correct footwear; as you could require specific support for your foot strike. DW Sports retail stores will be able to give you a full gait analysis						