

# TRAINING GUIDE FOR 5KM 4 WEEK PLAN



WEEK 1						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 30 min Run+Walk</li> <li>• Post workout stretching</li> </ul>	Rest or core exercises	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 3 x 5 min run+ 5 min walk</li> <li>• Post workout stretching</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min run +5 min walk</li> <li>• Post workout stretching</li> </ul>	Rest

WEEK 2						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 35 min Run+Walk</li> <li>• Post workout stretching</li> </ul>	Rest or core exercises	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 4 x 5 min run +5 min walk</li> <li>• Post workout stretching</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 15 min run+5 min walk 10 min run+5 min walk</li> <li>• Post workout stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 4km run</li> <li>• Post workout stretching</li> </ul>

WEEK 3						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min Run+Walk</li> <li>• Post workout stretching</li> </ul>	Rest or core exercises	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 5 x 5 min run +5 min walk</li> <li>• Post workout stretching</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 15 min run+5 min walk</li> <li>• Post workout stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 3km run</li> <li>• Post workout stretching</li> </ul>

WEEK 4						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 30 min easy run</li> <li>• Post workout stretching</li> </ul>	Rest or core exercises	<ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 5min easy run + 5 x (1 min acceleration, 1min easy run) + 5 min easy run. Total 20 min</li> <li>• Post workout stretching</li> </ul>	Rest	 <b>RACE DAY</b>	

### PRE WORKOUT STRETCHING

Stretching exercises to prepare joints, ligaments, tendons and muscles for workout. [https://www.youtube.com/watch?v=b2q\\_0qQcBZw](https://www.youtube.com/watch?v=b2q_0qQcBZw)

### POST WORK OUT STRETCHING

Stretching exercises to relax tension; mainly in your muscles, ligaments and tendons. <https://www.youtube.com/watch?v=5oj9-4ZQes4>

### EASY RUN

Running at a speed at which talking proves easy.

### STEADY RUN

Running at a moderate speed which makes talking difficult.

### INTERVAL RUN

Short, intense efforts followed by equal or slightly longer recovery time. For example, after a warm up, run hard for two minutes, followed by two or three minutes of easy jogging or walking to catch your breath. It should be difficult to talk during your rests from running.

### THRESHOLD RUN

Running at a pace where lactate does not accumulate significantly in the blood during the workout, but instead stays at a constant level. Lactate -"Baking" in muscles during an intense run. It will be impossible to talk.

### FARTLEK

Fartlek training is simply defined as periods of fast running intermingled with periods of slower running. For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections added in whenever possible. It should be difficult to talk during your rest from running.

### MARATHON PACE TIME

Race speed that you able to maintain throughout your participation in the event.