



## Run2Cure Advanced Training Program - 5k

Coach Jody Mullen



### 5k ADVANCED

**Description:** This program is designed for someone who already runs consistently and is targeting a PB. You should be comfortable with the 1st week of training prior to starting. This program is 10 weeks long, with a minimum of 4 runs scheduled per week (and an optional 5th).

**Begin date: 27 June 2020**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3k easy 2k @ tempo	Strength	5k run - easy	5k run - easy	Rest	7k long run - easy	25min run OR x-train
2	2k easy 6x1min efforts (1min jog) easy run to finish 6k total	Strength	5k run - easy	5k run - easy	Rest	8.5k long run - easy	25min run OR x-train
3	3k easy 3k @ tempo	Strength	5k run - easy	6k run - easy/undulating	Rest	10k long run - easy	30min run OR x-train
4	2k easy 6x90sec efforts (1min jog) easy run to finish 6.5k total	Strength	5k run - easy	5k run - easy	Rest	7k long run work-out: 2k easy 3.5k @ tempo 1.5k easy to finish	Rest OR x- train
5	6k run - easy/undulating	Strength	2k easy 2x2k @ tempo (1k easy between)	6.5k run - easy	Rest	10k long run - easy	30min run OR x-train
6	2k easy 4k @ tempo 2k easy	Strength	6k run - easy	7k run - easy/undulating	Rest	11k long run - easy	35min run OR x-train
7	2k easy 6x2min efforts (1min jog) easy to finish 7k total	Strength	6k run - easy	6.5k run - easy	Rest	9k long run work-out: 3k easy run 5k parkrun OR 5k tempo 2k easy	Rest OR x- train
8	6k easy run - undulating	Strength	2k easy 5k @ tempo 1k easy	8k run - easy	Rest	12k long run - easy	35min run OR x-train
9	2k easy 4x1k @ 5k race pace (500m jog)	Strength	6k run - easy	6.5k run - easy/undulating	Rest	8k long run - easy	Rest
<b>Race Week</b>	2k easy 5x1min @ 5k race pace (1min jog) easy to finish 6k total	Rest	5k run - easy	20min run - easy	Rest	Rest	<b>Run2Cure!</b>



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**5k ADVANCED - NOTES**

**Work-out Descriptions**

**Easy run** - Run relaxed and at a comfortable effort level. You should be able to have a simple conversation without being out of breath.

**Long run** - For the most part, your long run will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation during your long run.

**Effort** - A fast paced interval. Aim to maintain the same speed throughout the duration of the interval, instead of starting fast and fading.

**Jog recovery** - Very easy jog in between fast efforts. Allows you time to recover prior to the next fast effort.

**Tempo** - A working pace where you are comfortably uncomfortable running. You are not going breathless and are able to answer simple questions, but unable to have a conversation.

**Hills** - A hard effort, but on a hill. A slower paced effort than when on flat, but you will be working hard enough on an incline. The easy jog down is your recovery.

**X-train** - Cross training. Cycling, swimming, gym classes, pilates, etc. Enjoy your favourite work-out activity.

**Strength** - Staying strong is essential for success in running and can also assist with preventing injury. Pilates, at home strength, gym strength class, bootcamps, etc. are all forms of strength sessions you may enjoy.

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 4</b>	2k easy 6x90sec efforts (1min jog) easy run to finish 6.5k total	Strength	5k run - easy	5k run - easy	Rest	7k long run work-out: 2k easy 3.5k @ tempo 1.5k easy to finish	30min run OR x-train
<b>What to do</b>	Begin with a 2k easy, warm-up (wu) jog. Then run 6x90sec speed efforts at a fast pace you can sustain for the duration of the interval. Jog 1 min easy in between each fast interval. Finish running at an easy pace to finish required distance. This is a continuous run.	Strength work, pilates, gym class, etc.	Run at a comfortable, relaxed pace for 5k.	Run at a comfortable, relaxed pace for 5k	Rest, stretch, foam roll, get a well deserved massage, etc.	Long run day. Keep long runs to a comfortable, relaxed pace unless otherwise specified. You should be able to hold a conversation. (In this example, you're including a 3.5k tempo within your 7k long run.)	Easy 30min run day OR cross train. This will depend on whether you prefer 4 or 5 runs per week.