

A&L Goodbody

Run the ALG5K in less than 18 minutes

# ADVANCED

TRAINING PLAN

This plan is for a runner trying to run 5k in less than 18 minutes. The focus is on speed endurance. To complete this training plan, you need advanced fitness experience.

A L G  
5K



# Advice before starting:

Any session that involves fast paced running should also include a 10 minute warm up and cool down with stretches.

Your training does not have to be completed on the days suggested below, fit the sessions around the rest of your life but try to keep it so that you have an easy or rest day after the more intense sessions. If you are feeling tired on a day where an intense session is scheduled, save it for another day and have a day off to pick an easy run.



## TIPS

Don't run if you are feeling ill or run down, an elevated resting heart rate is usually an indicator that you need to rest as there is a possibility that you are fighting off a bug or virus.

*For more useful tips, click below to visit the Athletics Ireland website.*

ATHLETICS IRELAND WEBSITE





# WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	8x200m fast paced with five minutes recovery between sets. Repeat twice.	30 minutes easy run	Five minute fast paced run. Repeat three times.	Rest	600 metres fast paced run. Repeat four times.  And  400 metres very fast paced. Repeat four times.	40 minutes easy run

# WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
35 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	8 X 200m fast paced with five minutes recovery between sets. Repeat twice.	40 minutes easy run	Five minute fast paced run. Repeat three times.	Rest	600 metres fast paced run. Repeat four times.  And  400 metres very fast paced. Repeat four times.	50 minutes easy run

# WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
40 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	8 X 200m fast paced with five minutes recovery between sets. Repeat twice.	40 minutes easy run	Five minute fast paced run. Repeat three times.	Rest	800 metres fast paced run. Repeat four times.  And  400 metres very fast paced. Repeat four times.	55 minutes easy run

*\*Fartlek - consisting of bursts of intense effort loosely alternating with less strenuous activity*

# WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	8 X 200m fast paced with five minutes recovery between sets. Repeat twice.	40 minutes easy run	Five minute fast paced run. Repeat three times.	Rest	800 metres fast paced run. Repeat four times.  And  400 metres very fast paced. Repeat four times.	60 minutes easy run

# WEEK FIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	8 X 200m fast paced with five minutes recovery between sets. Repeat twice.	45 minutes easy run	Five minute fast paced run. Repeat three times.	Rest	800 metres fast paced run. Repeat four times.  And  400 metres very fast paced. Repeat four times.	60 minutes easy run

# WEEK SIX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	8 X 200m fast paced with five minutes recovery between sets. Repeat twice.	45 minutes easy run	Five minute fast paced run. Repeat three times.	Rest	800 metres fast paced run. Repeat four times.  And  400 metres very fast paced. Repeat four times.	60 minutes easy run



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