

## Run the ALG5K in less than 18 minutes



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 Goodbody

# TRAINING PLAN



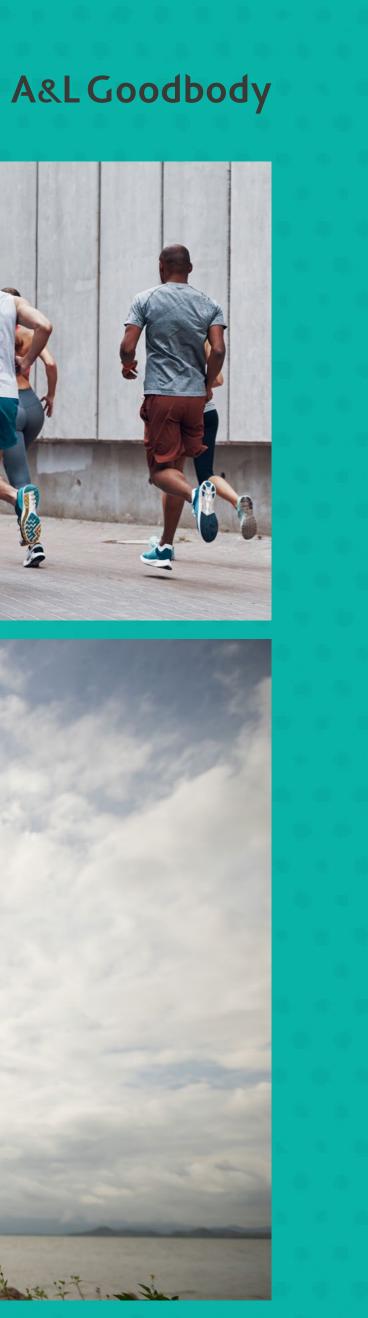
## **ADVICE** BEFORE STARTING:

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.

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.









#### **WEEK ONE**

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

#### **WEEK TWO**

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

#### **WEEK THREE**

| MONDAY   | TUESDAY  | WEDNESDAY           | THURSDAY   | FRIDAY | SATURDAY   | SUNDAY              |
|--|--|---------------------|--|--------|--|---------------------|
| 40 minutes easy pace with<br>4 X 20 seconds fast efforts<br>within the run. Allow at least<br>two minutes easy running<br>between each effort. | 8 X 200m fast paced with<br>five minutes recovery<br>between sets. Repeat twice. | 40 minutes easy run | Five minute fast paced run.<br>Repeat three times. | Rest   | <ul> <li>800 metres fast paced run.<br/>Repeat four times.</li> <li>And</li> <li>400 metres very fast paced.<br/>Repeat four times.</li> </ul> | 55 minutes easy run |
| Fartlek - consisting of bursts of intens   | se effort loosely alternating with less st                                       | renuous activity    |  |        |  |                     |

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#### **WEEK FOUR**

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

#### WEEK FIVE

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

#### WEEK SIX

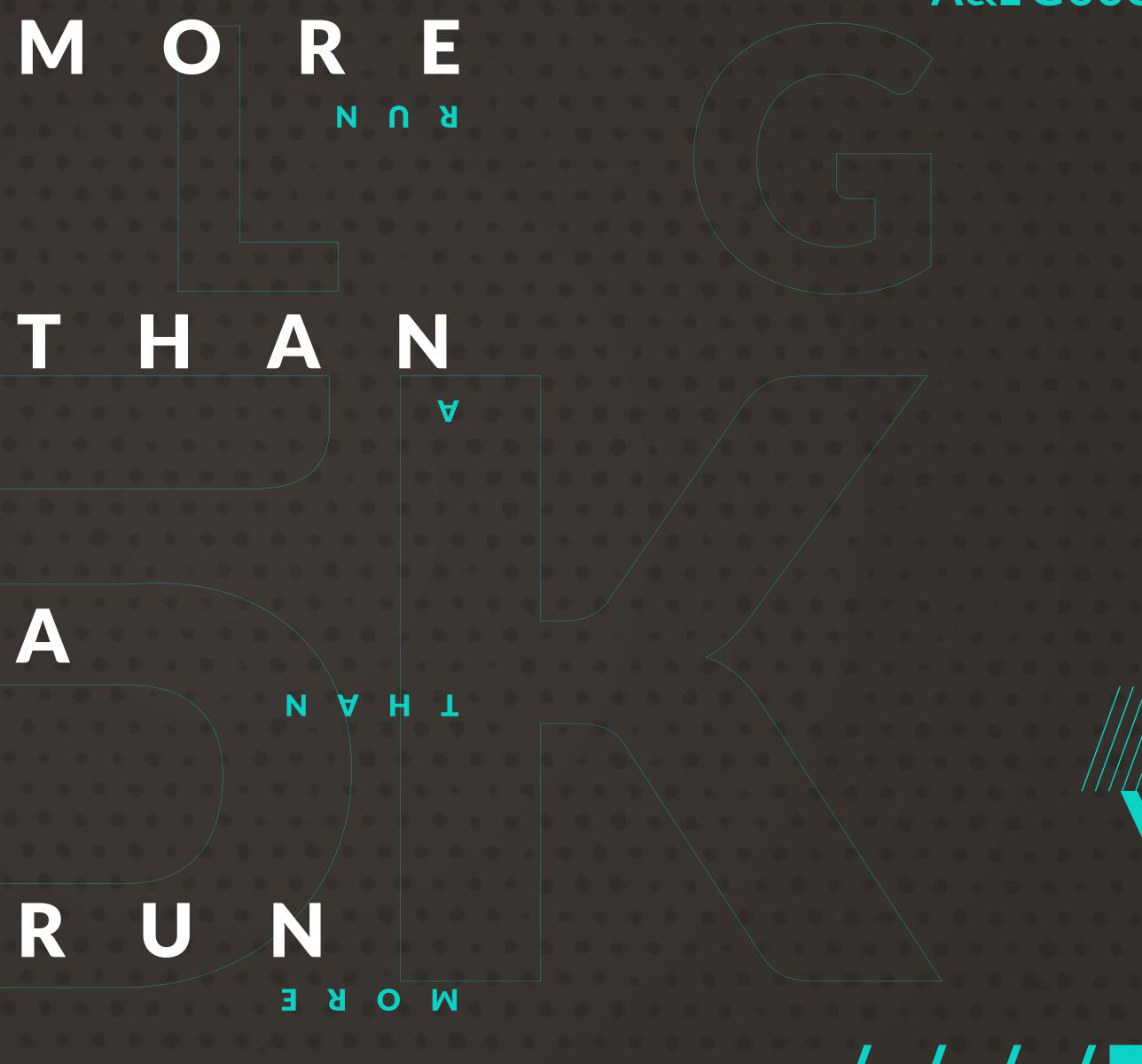
| MONDAY   | TUESDAY  | WEDNESDAY           | THURSDAY   | FRIDAY | SATURDAY   | SUNDAY              |  |  |
|--|--|---------------------|--|--------|--|---------------------|--|--|
| 30 minutes easy pace with<br>4 X 20 seconds fast efforts<br>within the run. Allow at least<br>two minutes easy running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

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