






FASTER 5K TRAINING PLAN (KM)

TRAIL & KALE

Visit <https://www.trailandkale.com/tips/run-a-faster-5k-training-plan/> for your **companion guide** containing training advice & motivation to keep you on track for success.

| Week ▼ | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Weekly Distance ▼ |
|-----------|---|---|---|---|---|------|--|-------------------------|
| 1 |  core |  5 km |  5 km Intervals 5 min warm up 8x 2 min at target pace 1 min rest between |  30 mins cross train |  5 km tempo run 1 km easy, 3 km at 25s/km slower than target 5k pace 1 km easy | Rest |  7 km | 22km |
| 2 |  core |  5 km |  5 km Intervals 5 min warm up 10x 2 min at target pace 1 min rest between |  30 mins cross train |  5 km tempo run 1 km easy, 3 km at 15s/km slower than target 5k pace 1 km easy | Rest |  8 km | 23km |
| 3 |  core |  5 km |  5 km Intervals 5 min warm up 8x 1m30s at target pace 1 min rest between |  30 mins cross train |  5 km tempo run 1km easy, 3 km at 15s/km slower than target 5k pace 1 km easy | Rest |  10 km | 25km |
| 4 |  core |  5 km |  5 km Intervals 5 min warm up 6x 4 min at target pace 1 min rest between |  30 mins cross train |  7 km tempo run 1km easy, 5km at 15s/km slower than target 5k pace 1km easy | Rest |  10 km | 27km |
| 5 |  core |  5 km |  5 km Intervals 5 min warm up 5x 5 min at target pace 2 min rest between |  30 mins cross train |  5 km tempo run All at target race pace | Rest |  10 km | 25km |
| 6 |  core |  5 km |  7 km Intervals 5 min warm up 6x 5 min at target pace 1 min rest between |  30 mins cross train |  5 km | Rest | 5k Race! | 22km |

Tips for core sessions:

Aim for around 20-30 minutes of core/abs work. Examples of good core/abs movements you can incorporate are the following (repeat circuit 2-3x):

- Dying bugs - 30 seconds
- Cat-cows - 30 seconds
- Static plank - 60 seconds
- Diagonal toe touches - 30 seconds
- Glute bridges (static or dynamic) - 60 seconds

Also consider incorporating yoga or pilates into your weekly core session - both are great for strengthening!