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Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance ▼
<b>1</b>	 core	 3 miles	 3 miles <b>Intervals</b> 5 min warm up 8x 2 min at target pace 1 min rest between	 30 mins cross train	 3 miles tempo run 0.5 mile easy, 2 miles at 45s/mile slower than target 5k pace 0.5 mile easy	Rest	 4 miles	13
<b>2</b>	 core	 3 miles	 3 miles <b>Intervals</b> 5 min warm up 10x 2 min at target pace 1 min rest between	 30 mins cross train	 3 miles tempo run 0.5 mile easy, 2 miles at 30s/mile slower than target 5k pace 0.5 mile easy	Rest	 5 miles	14
<b>3</b>	 core	 3 miles	 3 miles <b>Intervals</b> 5 min warm up 8x 1m30s at target pace 1 min rest between	 30 mins cross train	 3 miles tempo run 0.5 mile easy, 2 miles at 30s/mile slower than target 5k pace 0.5 mile easy	Rest	 6 miles	15
<b>4</b>	 core	 3 miles	 3 miles <b>Intervals</b> 5 min warm up 6x 4 min at target pace 1 min rest between	 30 mins cross train	 4 miles tempo run 0.5 mile easy, 3 miles at 30s/mile slower than target 5k pace 0.5 mile easy	Rest	 6 miles	16
<b>5</b>	 core	 3 miles	 3 miles <b>Intervals</b> 5 min warm up 5x 5 min at target pace 2 min rest between	 30 mins cross train	 3 miles tempo run <b>All at target race pace</b>	Rest	 6 miles	15
<b>6</b>	 core	 3 miles	 4 miles <b>Intervals</b> 5 min warm up 6x 5 min at target pace 1 min rest between	 30 mins cross train	 3 miles	Rest	<b>5k Race!</b>	13

### 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!