

Advanced Training Guide for a 5km Race

Week Day	Training	Start week Week 1	Week 2	Hard week Week 3	Hard week Week 4	Hard week Week 5	Week 6	Taper week Week 7
Monday	Run	10 min hard	15 min hard	20 min hard	20 min hard	25 min hard	25 min hard	10 min hard
Tuesday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Wednesday	Time trial *	1 lap	1 lap	1 lap	2 laps fast	3 laps fast	2 laps	1 lap
Thursday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Friday	Fartlek **	15 min 3p 3p	15 min 3p 3p	25 min 5p 1p	25 min 5p 1p	25 min 5p 1p	15 min 3p 3p	Rest
Saturday	Run ***	2km easy run	3km easy run	4km easy run	5km easy run	5km easy run	5km easy run	1km jogging + stretch from head to toe (no jumps); 15 min fartlek 3p 3p
Sunday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	5km Race

- * 1 lap = $\pm 2,5$ km
 ** F/L (Fartlek) 3p 3p = 3 lamp poles hard run and 3 lamp poles very slow
 *** Easy Run = Jogging and can still talk / Hard Run = Running and cannot talk

Advanced Training Guide for a 10km Race

Week Day	Training	Start week Week 1	Week 2	Hard week Week 3	Hard week Week 4	Hard week Week 5	Week 6	Taper week Week 7
Monday	Run	20 min hard	20 min hard	25 min hard	30 min hard	35 min hard	30 min hard	15 min hard
Tuesday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Wednesday	Time trial *	2 laps	3 laps	3 laps	4 laps fast	4 laps fast	3 laps	2 laps
Thursday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Friday	Fartlek **	15 min 3p 3p	15 min 3p 3p	25 min 5p 1p	25 min 5p 1p	25 min 5p 1p	15 min 3p 3p	Rest
Saturday	Run ***	4km easy run	6km easy run	8km easy run	10km easy run	10km easy run	10km easy run	1km jogging + stretch from head to toe (no jumps); 20 min fartlek 3p 3p
Sunday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	10km Race

- * 1 lap = $\pm 2,5$ km
 ** F/L (Fartlek) 3p 3p = 3 lamp poles hard run and 3 lamp poles very slow
 *** Easy Run = Jogging and can still talk / Hard Run = Running and cannot talk