

DCR INTERMEDIATE TO ADVANCED 5KM PERSONAL BEST PLAN

This plan is generic in nature and you may want to modify sessions to suit your specific level of fitness and time availability

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
1	Rest or X-Train	Speed/Skills	Absorption/X-train	6x 10sec Hill Repeats, 90sec recovery	Rest or X-train	Easy 5-8km	long slow 8-12km	
2	Rest or X-train	Speed/Skills	Absorption/X-train	5-8km + 6-8 Strides	Rest or X-train	Easy 5-8km	long 8-12 include 1.5km tempo, 1 min recovery, 1.5 tempo	
3	Rest or X-Train	Speed/Skills	Absorption/X-train	Tempo 5km	Rest or X-train	Easy 5-8km	long 8-12	
4	Rest or X-Train	Speed/Skills	Absorption/X-train	Easy 5-8 +6-8 Strides	Rest or X-train	Easy 5-8km	Long 8-12 including 3k Tempo	
5	Rest or X-Train	Speed/Skills	Absorption/X-train	8x10sec Hill Repeats, 90sec Recovery	Rest or X-train	Easy 6.5-10	Long 9-16	
6	Rest or X-Train	Speed/Skills	Absorption/X-train	5-8km + 6-8 Strides	Rest or X-train	Easy 6.5-10	Long 9-16 include 3k tempo	
7	Rest or X-Train	Speed/Skills	Absorption/X-train	Tempo 3km	Rest or X-train	Easy 6.5-10km	Long 13-19km	
8	Rest or X-Train	Speed/Skills	Absorption/X-train	Easy 3-5km +6-8 Strides	Rest or X-train	Easy 6.5-10km	Long 13-19, include 5km Tempo	
9	Rest or X-Train	Speed/Skills	Absorption/X-train	6x 20sec Hill Repeats, 90sec Recovery	Rest or X-train	Easy 5-8km	Long 8-13km	
10	Rest or X-Train	Speed/Skills	Absorption/X-train	Rest	Easy 5km	RACE DAY		

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LEGEND

Skills	Tuesday evenings with the DCR Crew should see you good for your interval or speed work outs. Please see notes below for other ideas on Speed work if these suit better.
Tempo Run	Tempo running is running to lactate threshold - this means that at this effort you are clearing lactate at around the same rate as you are producing it. Start the Tempo components about 1.0-2km into your run so you are nice and warm. Run at a comfortably hard pace - This will be around 20-25 seconds slower than your current (most recent) 5km PB pace. No need to run the entire Tempo effort all in 1 go - you can break it up if you need or would like to.
Absorption Run	An Easy conversational pace to allow your body to actively recover. It does not need to be an overly long run - Usually only 3-5km.
Long Run	Intermediate runners stay with shorter kms. More advanced runners can run more Kms for the long run. Beginners will need to consider dropping KMs off all the training runs in this plan to avoid injury.
X-Train	Cycle,Swim, Yoga, Fitness Class or Strength Training
Strides	Strides or Stridors are short periods of harder running built into the run. Usually they are based on either time (approx 30seconds) or distance (approx 100m). These are a gradual increase in cadence from your running pace (over 5-10seconds) then increase your stride length by exaggerating your running form for about 15 seconds. Then wind down from this to gradually slow the cadence and bring your stride length back to your normal form over 5-10 seconds. The peak pace of these efforts should be around the 5km target pace you are looking for on your Race day. Recover Fully between each effort so you can give it your best shot every time.

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NOTES

Alternative Speed Sessions	Week 1	4-6 x 400m
	Week 2	4-6 x 400m
Allow adequate rest between repetitions for near complete recovery for maximum effort	Week 3	8-10 x 400m
	Week 4	200m, 400m, 600m,800m, (advanced add 1000m, 1200m)
	Week 5	200m, 400m, 800m, 400m, 200m, (Advanced add 1000m, 1200m)
	Week 6	4 x 800m (Advanced add a 400m before and after)
	Week 7	5x 800m (Advanced add a 400m before and after)
	Week 8	6x 800m (Advanced add 400m before and after)
	Week 9	200m, 400m, 800m, 400m, 200m, (Advanced do instead - 400m, 800m, 1200m, 800m, 400m)
	Week 10	4-6 x 200m

Warm ups	<p>All Sessions should allow for an adequate warming up period to prepare muscles for the training run ahead of them. These should include (but not limited to) Dynamic stretching, Breathing exercises and Runthrough drills. Drills provide practise for good form which will then transition across to good running form. Please touch base with any of the session leaders to help you formulate a warm-up plan specific to your needs. Routines with warmups will also help get your head in the right place for your PB day as well.</p>
Cooling Down	<p>All sessions should be followed by an appropriate cool down period to allow for strained muscle to release lactate and recover from the workout. This should include a 10-15 minute period of very gentle jogging or walking as well as some static stretches to release muscles after your workout. Rolling muscles using a Roller or trigger ball is recommended to assist with releasing sore or tight muscles.</p>
Other point	<p>This particular plan is designed for people already regularly running 35+ kms/week. Training for a 5km PB is a tough and sustained effort of speed and endurance. You can enter this plan at any point but the closer to completing the entire 10 weeks will give you the best chance of attaining your PB goal. Please listen to your body. If there is a 'Niggle' - pay attention to it - Don't just 'Run through it'. A Niggle is just as likely to be a muscle, tendon or ligament in a pre-injury state - waiting to become injured. Seek a professional opinion through your preferred practitioner as early as possible to maintain an injury free body.</p>
Last Point	<p>Please be mindful of your form during all training sessions. If you feel your form deteriorating due to fatigue or injury then stop and rest, stretch and restart if appropriate at a reduced effort. Good form will see marked increases in speed with less effort.</p>
Race Day	<p>Get there early, have your plan in place - know what pace you need to achieve your goal and stick with it, especially during the first 1km when you're fresh and excited. It's very easy to go out too hard early and be fatigued well before the finish line. There are plenty of DCR Members who would be happy to pace you through if you need this sort of assistance. Good Luck Runners.</p>