

Run your fastest 5km

WEEK 4 TRAINING PLAN



By 'Runuary' coach Irene Clark

Training overview:

This programme is only a suggestion and should be adapted to suit your work and home life. Always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

A guide to the terms in this plan

- **Walk:** Brisk walking pace (faster than walking to the newsagents).
- **Jog:** Gentle running (able to chat easily throughout).
- **Walk/Jog:** Periods of walking followed by periods of jogging (vary times and number of walks and jogs depending on total target time/distance).
- **Cross Train:** Any other physical activity (walking or cycling).



WEEK 4 - FASTEST 5KM CHALLENGE TRAINING PLAN



Week of
January 24th

DAY 1	DAY 2	DAY 3	DAY 4
5km - easy	1km - easy Run 100m - fast followed by 100m slow X 10 (do two sets) Last km - easy	50-60 minute (walk)/ cross train - easy	6km Run 3km - easy then turn and run 3km back at steady pace



Tips for your fastest 5km on race day - 31 January

At the end of your 4-week training plan, you'll be ready for your 5km run



Submit your time on January 31st on the portal - it will be emailed to you on Friday January 28th



Please note the portal for submitting your time will open from 9am on January 31st. A link to this portal will be emailed to you.



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