

Run a faster 5 Mile

WEEK 3 TRAINING PLAN



By 'Runuary' Coach Irene Clark
 Requires a significant base level fitness - already running 4- 5 miles
Mileage: 10-12 per week (3 days per week)

Training overview:

This is an outline for your weekly workouts. You don't have to do your runs on set days but try to avoid running twice in a row.
 It is better to take a rest day or do cross-training on the days in between runs. Cross-training can include any other physical activity (walking or cycling).
 15 to 20 minutes of strength-training one to two times a week can also be beneficial.

A guide to the terms in this plan

- **Easy Run:** A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.
- **Race Pace:** Comfortably hard. Approximately 80% effort.
- **Fast Run:** 90% effort. Used for shorter speed sessions



WEEK 3 - FASTER 5 MILE CHALLENGE TRAINING PLAN



Starting week of January 17th

DAY 1	DAY 2	DAY 3
15 mins - warm up 10 mins - race pace 5 mins - easy 5 mins - race pace 15 mins - easy	15 mins - warm up 6 x 30 seconds -fast & 30 secs - easy 15 mins - cool down	4 miles - easy



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

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

Tag us in your running selfies using **#Runuary2022**

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