

BE  RUNNER

# 5KM TRAINING PLAN



#SUNSRUN

# WELCOME

Welcome to the SUNS Run 8-week training plan. Congratulations on committing to your goal of completing 5km at Metricon Stadium on Saturday February 4.

These plans are designed to best prepare you to achieve your goal, whilst providing you with the opportunity to improve your overall fitness, so you are healthy when you step on the start line and fit enough to they enjoy everything that SUNS Run has to offer - from the start line to the finish line!

## YOUR COACH

These plans have been prepared for you by Blayne Arnold, Head Coach at Gold Coast based Running Club - Be A Runner. Be A Runner are a run club for every type of runner.

Blayne lives and breathes running! From coaching, to coach education, to physio for state and national athletics teams, to being a published author on running biomechanics, physiology, and training loads in running. Blayne is passionate and knowledgeable about all things running and wants to help everyone to Be A Runner!

If you need assistance or support during your training please get in touch with Blayne via [www.bearunner.org](http://www.bearunner.org).



**LET'S DO THIS!**

# GLOSSARY

This plan includes a range of run session types to help you build your fitness.

## **EASY RUN**

The Easy Run needs to be EASY! You should be able to talk the whole time. When you finish you should feel better than when you started. Common mistake is running too fast! Slow down and feel good!

## **FARTLEK**

Fartlek s Swedish for “speed play” and simply refers to runs where you change pace. One simple way to approach them is to “run” for the efforts and “jog” for the easy/recovery. Because we are trying to improve your endurance and fitness your efforts should not be max, but rather a gentle increase in pace. Common mistake is going too fast in the first effort, you are better off building into these runs and finishing strong.

## **TEMPO**

Tempo is simply “huff and puff” running. You should be breathing heavy by the middle to end of the efforts. This needs to be controlled, where you could speak in a broken sentence if you had to. Common mistake: is running much too fast and building up significant fatigue and suffering in the second half of the run. You are better off building into these runs and finishing strong.

## **LONG RUN**

This run should be done at relatively easy pace, where you should be able to chat for most the run. It will help you to build your endurance and fitness, while preparing both the body and mind for your race. Common mistake is doing the Long Run too fast! Slow down and enjoy it!

## **REST**

Means REST! Your body needs rest so it can recover and improve. Common mistake is running every day early in the plan and then being over-trained and exhausted well before race day.

# MONDAY

No planned activity

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# TUESDAY

Easy run or walk  
15:00 minutes

---

*SESSION*

# WEDNESDAY

Rest day

---

*REST*

# THURSDAY

Easy run or walk  
15:00 minutes

---

*SESSION*

# FRIDAY

Rest day

---

*REST*

# SATURDAY

Rest day

---

*REST*

# SUNDAY

Easy run or walk  
15:00 minutes

*SESSION*

WEEK 1

#SUNSRUN

# MONDAY

Rest day

*REST*

---

# TUESDAY

Easy run or walk  
15:00 minutes

*SESSION*

---

# WEDNESDAY

Rest day

*REST*

---

# THURSDAY

Run - 15 minute Fartlek Session  
15 min on alternating between walking  
& jogging. No more than 3 mins of  
consecutive jogging.

*SESSION*

---

# FRIDAY

Rest day

*REST*

---

# SATURDAY

Rest day

*REST*

---

# SUNDAY

Easy run or walk  
20:00 minutes

*SESSION*

WEEK 2

#SUNSRUN

# MONDAY

Rest day

*REST*

---

# TUESDAY

Easy run or walk  
20:00 minutes

*SESSION*

---

# WEDNESDAY

Rest day

*REST*

---

# THURSDAY

Run - Tempo Run  
4 x 4 minutes, with 4 minutes walking  
or resting in between sets.

*SESSION*

---

# FRIDAY

Rest day

*REST*

---

# SATURDAY

Rest day

*REST*

---

# SUNDAY

Long Run  
Distance: 3km

*SESSION*

WEEK 3

#SUNSRUN

# MONDAY

Rest day

*REST*

---

# TUESDAY

Easy run or walk  
20:00 minutes

*SESSION*

---

# WEDNESDAY

Rest day

*REST*

---

# THURSDAY

Run - 20 minute Fartlek Session  
20 min on alternating between walking  
& jogging. No more than 3 mins of  
consecutive jogging.

*SESSION*

---

# FRIDAY

Rest day

*REST*

---

# SATURDAY

Rest day

*REST*

---

# SUNDAY

Long Run  
Distance: 3.5km

*SESSION*

WEEK 4

#SUNSRUN

## MONDAY

Rest day

*REST*

---

## TUESDAY

Easy run or walk  
20:00 minutes

*SESSION*

---

## WEDNESDAY

Rest day

*REST*

---

## THURSDAY

Run - Tempo Run  
3 x 6 minutes, with 4 minutes walking or  
resting in between sets.

*SESSION*

---

## FRIDAY

Rest day

*REST*

---

## SATURDAY

Rest day

*REST*

---

## SUNDAY

Long Run  
Distance: 4km

*SESSION*



# MONDAY

Rest day

*REST*

---

# TUESDAY

Easy run or walk  
25:00 minutes

*SESSION*

---

# WEDNESDAY

Rest day

*REST*

---

# THURSDAY

Run - 20 minute Fartlek Session  
20 min on alternating between walking  
& jogging. No more than 3 mins of  
consecutive jogging.

*SESSION*

---

# FRIDAY

Rest day

*REST*

---

# SATURDAY

Rest day

*REST*

---

# SUNDAY

Long Run  
Distance: 4.5km

*SESSION*

WEEK 6

#SUNSRUN

# MONDAY

Rest day

*REST*

---

# TUESDAY

Easy run or walk  
25:00 minutes

*SESSION*

---

# WEDNESDAY

Rest day

*REST*

---

# THURSDAY

Run - Tempo Run  
3 x 8 minutes, with 3 minutes walking or  
resting in between sets.

*SESSION*

---

# FRIDAY

Rest day

*REST*

---

# SATURDAY

Rest day

*REST*

---

# SUNDAY

Easy Run  
20:00 minutes

*SESSION*

WEEK 7

#SUNSRUN

# MONDAY

Rest day

*REST*

---

# TUESDAY

Easy run or walk  
25:00 minutes

*SESSION*

---

# WEDNESDAY

Rest day

*REST*

---

# THURSDAY

Run - Easy Run  
20:00 minutes

*SESSION*

---

# FRIDAY

Rest day

*REST*

---

# SATURDAY

Race Day!  
Distance: 5km

*YOU GOT THIS!*

---

# SUNDAY

Rest and Recover

*REST*

**WEEK 8**

**IT'S RACE WEEK!**

# MONDAY

Rest day

*REST*

---

# TUESDAY

Walk  
20:00 minutes

*SESSION*

---

# WEDNESDAY

Rest day

*REST*

---

# THURSDAY

Walk or Easy Run  
30:00 minutes

*SESSION*

---

# FRIDAY

Rest day

*REST*

---

# SATURDAY

Rest day

*REST*

---

# SUNDAY

Walk or Easy Run  
30:00 minutes

*SESSION*

WEEK 9

#SUNSRUN



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**SPORT3**  
EXPERIENCE AWESOME