

BE  RUNNER

5KM

TRAINING

PLAN



#SUNSRUN

WELCOME

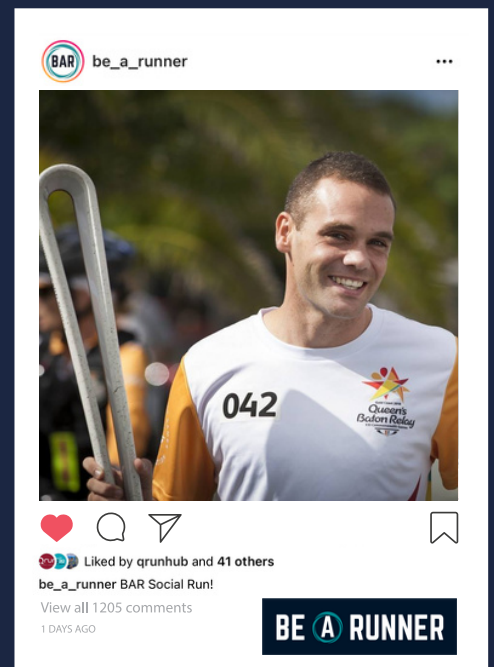
Welcome to the SUNS Run 8-week training plan. Congratulations on committing to your goal of completing 5km at Heritage Bank Stadium.

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.

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

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

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

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

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

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

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 8

IT'S RACE WEEK!

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

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



BE  RUNNER

SPORT3
EXPERIENCE AWESOME