



TRAIL PURSUIT TRAINING PLAN: 5K

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	RUN - 60 sec run/90 sec walk for 20 mins - 10 min walk before & after	REST	STRENGTH SESSION	REST	RUN - 60 sec run/90 sec walk for 20 mins - with 10 mins walk before & after	WALK Brisk 30 min walk
2	REST	RUN - 90 sec run/90 sec walk x2 - then, 3 mins run, 3 mins walk (twice) - 10 min walk before & after	STRENGTH SESSION	REST	REST	WALK Brisk 30 min walk	RUN - 90 sec run/90 sec walk x2 - then, 3 mins run, 3 mins walk (twice) - 10 min walk before & after
3	REST	WALK Brisk 40 min walk	RUN - 5 mins very easy running, 5 mins walk x2 - Then, 5 mins running with 10 mins walk before & after	REST	REST	STRENGTH SESSION	RUN - 5 mins run, 3 mins walk x3 - with 10 mins walk before & after
4	REST	RUN - 5 mins walk, 10 mins jog - 5 mins walk, 5 mins jog	WALK Brisk 40 min walk	STRENGTH SESSION	REST	RUN - 5 mins walk, 10 mins jog, 5 mins walk	RUN - 5 mins walk, 10 mins run - 5 mins walk, 10 mins run

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5	REST	RUN - 5 min walk - 20 min very easy run	STRENGTH SESSION	RUN - 5 min walk - 20 min very easy run	REST	STRENGTH SESSION	RUN - 5 min walk, 10 mins run - 5 min walk, 10 mins run
6	REST	RUN - 25 min easy run, no stopping	REST OR EXTRA STRENGTH CIRCUIT	HILL RUN - 5 min easy run - then 5 x 20 sec hill sprints (walk down to recover) - 5 mins easy run	REST	STRENGTH SESSION	RUN - 25 min easy run, no stopping
7	REST	HILL RUN - 5 min easy run - then 5 x 30 sec hill sprints (walk down to recover) - 5 mins easy run	STRENGTH SESSION	RUN - 28 min run, no stopping, steady pace	REST	WALK Long brisk walk up to 60mins	RUN - 28 min run, no stopping, easy pace
8	REST	RUN - 30 min continuous run, no stopping, very easy pace	RUN - 15 min run - 5 min walk - 20 min run	STRENGTH SESSION	REST	RACE DAY!	REELAX!