



# 8 WEEK FIT FOR 5K TRAINING PLAN prepared by i-Run

## Training Notes

An essential part of training is structuring a plan over time and not building up too quickly. Running is a stressful activity, for every mile you add to your training diary is another 1500-foot strikes your body needs to endure. If your training increases too rapidly you are more likely to suffer an injury. Experienced runners have spent years building up their training and their musculoskeletal endurance, flexibility and strength which allows them to run in excess of 100 miles a week. Many niggles and injuries are caused due to the disparity between a runners engine and a runners body.

### **Recover. Recover. Recover**

The ability to recover between runs, sessions and workouts is an art – there is no written rule. When you train your body is put under a level of stress, and if you continue to stress the body without allowing your energy levels to refuel you will eventually breakdown with either injury or illness. Allowing your body to rest and recovery your body starts to repair the damage to a level higher than before as the body recognizes a need to adapt to the new level of exercise and enhanced stress levels you are exposing on it. Many runners' use varying techniques of assisting the reduction of recovery times, these include: ice baths sports massage and Nutrition (Read more in the Health section of [i-Run.co.uk](http://i-Run.co.uk)).

### **Being healthy**

Physical exercise is exactly what is suggests so its important when embarking on a challenge to have a checkup from the doctor before you start training. With all forms of exercise there are risks – with the most severe being heart complications, be safe if you're in doubt. Now that's the scare out the

way, for most people running and exercise will bring huge amounts of satisfaction and a sense of achievement but with all forms of stress its essential it's monitored. Your immune system will be tested and you may find your sleep pattern may be interrupted at first due to muscle fatigue. This accumulation may cause a sore throat, colds & flu so make sure you eat a balance diet with lots of fruit and veg. Don't be afraid of taking a few days off training if you're pick up a viral infection, if you're better missing a few days with a cold then a few weeks with flu. If you've had a cold or sore throat for a long period of time you must take a break and recuperate, see your doctor if you're in any doubt.

### **Race Practice**

As Benjamin Franklin famously said, "By failing to prepare, you are preparing to fail." Running your first race is a daunting experience and even for the most well drilled professional toeing the line can be nerve wracking. Running in a group of thousands of people all hustling for position, being stepped on and having people stop in front of you is frustrating. Inevitably the first few kilometers will be a lot faster than intended as the atmosphere carries you forward. This is why it's important to get your confidence from a smaller run or fun run, becoming accustomed to race preparation including trying different pre-race routines, queuing for toilets and becoming comfortable with running with others at a sustained pace.

### **Tapering down**

It generally takes at least 2 weeks for the physiological adaptations to take place from training – so overtraining in the weeks before your event doesn't really offer any benefits. Its important to get the balance between easing off too

much and getting to the start feeling tired. The 4 days before the event should be spent running at a reduce effort output, so hold back the urge to run hard as your legs start to feel fresh. Over this period of time it's important to up your Carbohydrate intake, also to keep hydrated, sip water throughout the day and add some electrolyte tablets during the day before the race. Your last big meal should be 10-12 hours before your race and a light breakfast 3 hours before the start time. Keep sipping your water or an isotonic drink right up to the moments before the gun goes for your big race.

### **Having the right tools**

Before you set out on your training is vital that you have the right tools for the job – if you don't your training will suffer. The most essential part of any runner's kit bag is their trainers, its important to know that not every trainer is the same and that they vary in the amount of support and cushioning. Get down to your local running specialist or use the 'Choose your running shoes' article on [i-Run.co.uk](http://i-Run.co.uk) to find out the correct shoe for your foot type. Other essentials include, a running watch, technical clothing including socks, sports bra's (ladies!) and hi-viz accessories for early morning and night running.

	Week 1	Week 2	Week 3	Week 4
Monday	1 x min walk   1 min jog   x 5	2 min walk   3 min jog   x 4	1 min walk   5 min jog   x 3	1 min walk   10 min jog   x 2
Tuesday	Rest	Rest	Rest	Rest
Wednesday	2 x min walk   1 min jog   x 5	1 min walk   3 min jog   x 5	1 min walk   7 min jog   x 3	1 min walk   12.5 min jog   x 2
Thursday	Rest	Rest	Rest	Rest
Friday	1 x min walk   2 min jog   x 5	1 min walk   3 min jog   x 5	1 min walk   9 min jog   x 2	1 min walk   9 min jog   x 3
Saturday	Rest	Rest	Rest	Rest
Sunday	Rest	Rest	Rest	Rest

	Week 5	Week 6	Week 7	Week 8
Monday	15 min run   3 min walk   10 min jog	20 min run   5 min walk	5 min walk   30 min run   5 min walk	25 min run
Tuesday	Rest	Rest	Rest	Rest
Wednesday	15 min run   5 min walk   15 min run	5 min walk   25 min run   5 min walk	5 min walk   20 min run   5 min walk	35 min run
Thursday	Rest	Rest	Rest	Rest
Friday	5 min walk   15 min run   5 min walk	5 min walk   27.5 min run   5 min walk	5 min walk   35 min run	25 min run
Saturday	Rest	Rest	Rest	Rest
Sunday	Rest	5 min walk   27.5 min run   5 min walk	35 min run	RACE DAY!