

# 5 km

# Training

# Guide

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This training guide was created by Rob Watson. A 4×Canadian National Champion, 9×Canadian National Team member, and proud lululemon ambassador.



# Training Terms

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## Easy Run Pace

Easy running is a comfortable, conversational pace and can vary daily, depending on how you're feeling. You'll spend most of your training at this pace as it promotes physiological benefits that build a solid base from which higher-intensity training can be performed. You should never feel like you are "pushing" to hit paces on easy runs.

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## Tempo Run

Get comfortable feeling uncomfortable. Tempo runs are achieved at an effort level to which your body is able to clear as much lactate as it produces. Clearing this lactate allows you to go faster for longer, aka, increased endurance! The general rule of thumb for a tempo pace is you should not be able to hold a conversation.

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## Interval Training Paces

Interval pace is a speed you can maintain for 10-15 minutes at max effort. Intervals are shorter reps with a bigger rest ratio. Pace is faster than your race pace and each rep should burn.

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## **Strides**

They're short controlled sprints that last between 15-25 seconds. They're done in sets of 4-10, starting at your interval pace and working up to a full sprint. Strides can be done at the beginning or end of your run.

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## **Hills**

Hill work is a fairly low impact way to increase power, increase running economy and build speed. Longer hill reps can be great to help build capacity, while shorter reps will develop speed and power. Hills also burn. They'll make you tough.

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## **Long Run**

Long runs are some of the most important runs you'll do. Every training plan, no matter the distance, will incorporate a weekly long run. They increase your endurance and aerobic capacity, improve the efficiency of your cardiovascular system. The extra time on your feet strengthens your musculoskeletal system and enables you to work through muscular fatigue.

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## **Warm Up**

The purpose of the warm-up is to get the muscles warm, the blood flowing and to loosen up the legs. It can be as slow as you need it to be.

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## **Cool Down**

During your run you accumulated lactate in the legs. A slow jog keeps the blood moving to your tired muscles and helps start the recovery process. Slow and easy is the name of the game.

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## **Yoga**

Runners are generally pretty tight, especially in our hips, hamstrings, and calves. Runners usually have weak glutes. So, yoga is a great way to increase mobility and add some strength in a non-impactful, relatively stress-free way. Pigeon pose and Warrior sequence are great for your hips and quads. Downward dog hits the calves and hamstrings.

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## **Running with Intention**

Why do you run? Each of us has our own answer to this question. But it is important to identify why we run and what we hope to get out of our running endeavours

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week:**

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# Week 1

MON

## Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

## Easy Run / Walk

2-3 KM

Walk as much as you like, goal is distance, not time.

WED

## Workout

8×30 sec on, 60 sec jog between each.

THU

## Yoga

FRI

## Rest Day

SAT

## Easy Run

2-3 KM

Walk as much as you like. The goal is distance, not time.

SUN

## Rest Day



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# Week 2

**MON**

## **Mindful / Mental Prep**

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

**TUE**

## **Easy Run / Walk**

2-3 KM

Walk as much as you like. The goal is distance, not time.

**WED**

## **Workout**

3×30 sec on, 30 sec jog

2 min rest

2×60 sec on, 60 sec jog

2 min rest

2×90 sec on, 90 sec jog

**THU**

## **Yoga**

**FRI**

## **Rest Day**

**SAT**

## **Easy Run**

3 KM

**SUN**

## **Rest Day**



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# Week 3

<b>MON</b>	<b>Mindful / Mental Prep</b> Set an intention for the week, write down your goals and remind yourself of your purpose with your running.
<b>TUE</b>	<b>Easy Run / Walk</b> 2-4 KM
<b>WED</b>	<b>Workout</b> 6×30-40 sec hills
<b>THU</b>	<b>Yoga</b>
<b>FRI</b>	<b>Rest Day</b>
<b>SAT</b>	<b>Tempo Run</b> 5×2 min at tempo 90 sec walk rest
<b>SUN</b>	<b>Long Run</b> 3-4 KM



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# Week 4

**MON**

## **Mindful / Mental Prep**

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

**TUE**

## **Easy Run / Walk**

2-4 KM

**WED**

## **Workout**

3×1 KM at goal 5 KM pace

90 sec walk recovery between each

**THU**

## **Yoga**

**FRI**

## **Rest Day**

**SAT**

## **Easy Run**

2-3 KM

**SUN**

## **Long Run**

3-4 KM



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# Week 5

MON

## Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

## Easy Run / Walk

3-4 KM

4×strides

WED

## Workout

2×1 KM, 400m at 400m at race pace

60 sec rest between reps

90 sec rest between sets

THU

## Yoga

FRI

## Rest Day

SAT

## Hills

8×45 sec hills

SUN

## Long Run

4-7 KM



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# Week 6

MON

## Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

## Easy Run

3-4 KM

WED

## Workout

1 KM, 2 KM, 1 KM at goal 5 KM pace  
2 min walk recovery

THU

## Yoga

FRI

## Rest Day

SAT

## Easy Run

3-4 KM

Through out your run, complete 8×30 sec at 5 KM pace.

SUN

## Long Run

5-8 KM



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# Week 7

MON

## Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

## Easy Run

4-5 KM w/ 5×strides

WED

## Workout

1×800 m, 200 m, 600 m, 200 m, 400 m, 200 m  
at interval pace  
200 m recovery jog between each

THU

## Yoga

FRI

## Rest Day

SAT

## Easy Run

3-5 KM

SUN

## Long Run

2 KM easy  
4 KM at tempo pace  
2 KM easy



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# Week 8

**MON** **Mindful / Mental Prep**  
Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

**TUE** **Easy Run**  
3-5 KM

**WED** **Workout**  
1 KM at interval pace  
3 KM at race pace  
500 m at interval pace  
2 min walk recovery between each

**THU** **Yoga**

**FRI** **Rest Day**

**SAT** **Easy Run**  
3-5 KM

**SUN** **Long Run**  
6 KM



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# Week 9

**MON**

## **Mindful / Mental Prep**

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

**TUE**

## **Easy Run**

3-4 KM

5×strides

**WED**

## **Workout**

2×1 KM at goal race pace, 90 sec rest 4×400 at below goal race pace

**THU**

## **Yoga**

**FRI**

## **Rest Day**

**SAT**

## **Easy Run**

3 KM

Get ready to jam!

**SUN**

## **Race**



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