



#RunBetter 5k Challenge

16 sessions to run your 5k PB

5k - Set a time

1k - Warm up - easy running include stretches on hamstrings, quads, calfs.

5K TT - Run 5 kilometres and record the time on a watch or your phone. My top tip would be not to go out too hard!

Although it's a time trial, you'd rather get to the end of the 5k than stop at 3k.

1k - Cool down with a really steady jog to flush legs, important to drink plenty of water and eat good quality nutrition within 30mins of finishing the run.

Week 1

Session #1

Duration 30mins Easy jog / run

After Saturday's time trial your legs will still be carrying some fatigue. This session will help flush out the toxins.

Tip: do this session fasted (before breakfast) this will help your body use fat as a fuel. Eat breakfast within 30mins of finishing the run.

Strength Set: Hill reps 10 x 30sec

Duration 40mins

Warm up - 15 mins steady (make sure you're fully warmed up - stretch quads / calves / hamstrings before you start hill reps)

10 x 30 sec up-hill 30 sec down-hill recovery. You don't need to run fast up the hill, it will naturally

spike your heart rate, take it super steady on the way back down to recover.

15mins jog cool down.

**Week 1
Session #2**



Please, take a day off.

Week 1

Session #3



Speed: 10 x 1mins Max efforts

Duration 50mins

Tip: sounds harder than it is, just get out and do it.
20mins easy warm up

Stretch: calfs, hamstrings, quads (make sure your fully warmed up before starting the efforts)

10 x 1mins Max efforts (really push the pace on these)

1min stand still between (if you need longer than 60secs to get the HR down have 90secs)

10mins easy cool down - easy jog

Please, take a day off.

5k PB efforts: 3 x 5mins

Duration 50mins

5k PB Efforts: (Using last weeks 5k TT have a look at your average pace or average heart rate, this is the pace or HR you need to apply to today's 5min efforts)

15mins warm up - easy running

3 x 5mins @ 5k PB effort

3mins between. Jog to recover.

10mins easy cool down

Week 1
Session #4



Week 2

Session #5



Base endurance including 5x20 sec pickups

Duration 30mins

10 mins warm up - easy running

5 x 20sec Sprints at 10mins 12mins 14mins 16mins 18mins back to steady run between.

Try not to walk after the 20sec effort.

10mins cool down.

Strength Set: Hill reps 12 x 30sec

Duration 37mins

Warm up - 15 mins steady (make sure you're fully warmed up - stretch quads / calves / hamstrings before you start hill reps)

12 x 30sec up-hill 30sec down-hill recovery. You don't need to run fast up the hill, it will naturally spike your heart rate, take it super steady on the way back down to recover.

10mins jog cool down

Tip: Eat good quality nutrition within 20 mins of completing this session.

Week 2
Session #6



Please, take a day off.

Week 2

Session #7



Speed: 10 x 1mins max efforts

Duration 50mins

20mins easy warm up

Stretch: calfs, hamstrings, quads (make sure your fully warmed up before starting the efforts)

10 x 1mins max efforts (really push the pace on these)

1min stand still between (if you need longer than 60secs to get the HR down have 90secs)

10mins easy cool down - easy jog.

Please, take a day off.

5k PB efforts: 3 x 6mins

Duration 52mins

5k PB Efforts: (Using last weeks 5k TT have a look at your average pace or average heart rate, this is the pace or HR you need to apply to today's 5min efforts)

15mins warm up - easy running

3 x 6mins @ 5k PB effort

3mins between jog to recover.

10mins easy cool down

Week 2
Session #8



Week 3

Session #9 (Halfway there)

Base endurance including 5 x 30 sec pickups

Duration 30mins

10 mins warm up - easy running

5 x 30sec sprints at 10mins 13mins 16mins 19mins 21mins

3r mins easy run between 30sec efforts

10mins cool down.

Strength set: Hill reps 8 x 1min

Duration 46mins

Warm up - 20 mins steady

(make sure you're fully warmed up - stretch quads / calfs / hamstrings before you start hill reps)

8 x 1min up-hill 1min down-hill recovery.

You don't need to run fast up the hill, it will naturally spike your heart rate, take it super steady on the way back down to recover.

10mins jog cool down

Week 3
Session #10



Please, take a day off.

Week 3

Session #11

Speed: 12 x 1mins max efforts

Duration 54mins

20mins easy warm up

Stretch: calfs, hamstrings, quads (make sure your fully warmed up before starting the efforts)

12 x 1mins Max efforts (really push the pace on these)

1min stand still between

10mins easy cool down - easy jog.

Please, take a day off.

5k PB efforts: 3 x 7mins

Duration 55mins

5k PB Efforts: (Using last weeks 5k TT have a look at your average pace or average heart rate, this is the pace or HR you need to apply to today's 5min efforts)

15mins warm up - easy running

3 x 7mins @ 5k PB effort

3mins between jog to recover

10mins easy cool down.

Week 3
Session #12



Week 4

Session #13

Base endurance: including 5 x 40 sec pickups

Duration 30mins

10 mins warm up - easy running

5 x 40sec sprints at 10mins 13mins 16mins 19mins 21mins

3 mins easy run between 40sec efforts

10mins cool down.

Speed: 30sec bursts into 5mins Tempo

Duration 52mins

10mins Easy warm up

8 x 30sec HIT IT HARD 30sec rest

5mins at target 5k effort 2mins easy recovery

8 x 30sec HIT IT HARD 30sec rest

5mins at target 5k effort 1min rest

5 x 15sec FULL SPRINT 15sec stand still between 10mins cool down

Week 4
Session #14



Please, take a day off.

Week 4

Session #15



Speed: 4 x 2mins at 5k target pace

Duration 40mins

20mins really easy warm up (stretch out - quads, hamstrings, calves - make sure you're ready to run efforts).

4 x 2mins at target 5k pace (this should be 90/95% of max pace)

1:30mins between stand still to recover

6mins jog easy cool down

pre 5k activations

Duration 30mins

This is designed to activate your running muscles without fatiguing before you take on tomorrow's 5k time trial.

10mins warm up: stretch and make sure you're fully warmed up before you start the efforts.

8 x 30sec max effort

45sec recovery (Stand still)

10mins cool down

Week 4

Session #16 (You've made it!)





**Congratulations 16 Sessions
complete!**

**Just tomorrows 5K to go
smash!!**

5k time trial PB time

Duration FAST

1k - Warm up - easy running (include stretches on hamstrings, quads, calfs).

5K TT - Time to smash that PB

1k - Cool down really steady jog to flush legs, important to to drink plenty of water and eat good quality nutrition within 30mins of finishing the run.



**You've done amazing!
Well done.**