



HEALTHHAUS TRAINING PLAN 2: 5K TO 10K





5K TO 10K

About this training programme:

This training programme is aimed at runners who are already comfortable running 5k and are wishing to participate in a long distance leg of the Ravenscroft Relay Race.

The programme assumes that you will run at least three times a week, and participate in a strength training session.

Running Session Notes:

Before all running sessions you should walk briskly for 5 minutes and mobilise.

Interval training – These are repetitive, intense work periods followed by a recovery section. Interval training helps you prepare for bursts of intense work or stress when running and will improve the efficiency of the heart. The fast and intense stress on the body will help you get faster and can be done on any terrain.

Ensure you cool down and stretch at the end of each session.

Strength training, mobility and stretch videos are coming soon!

Running Aims:

Weeks 1 – 4: Your aim is to complete the required number of repetitions. This is more important than speed! Run at a pace at which you can answer questions in short sentences.

Week 5: This is an 'easy week'. Run well within yourself so that this session doesn't feel too difficult.

Weeks 6 – 8: It is time to start pushing yourself! Run at a pace at which you could only answer a question with a couple of words.





	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1	Rest & Stretch	Rest	2 min run / 2 min walk x 6 Interval Runs 12 min running / 24 min total	Rest & Stretch	30 – 45 MIN Easy Run	Rest	5K
Week 2	Rest & Stretch	4 min run / 4 min walk x 4 Interval Runs 16 min running / 32 min total	Strength training	Rest & Stretch	30 – 45 MIN Easy Run	Rest	5.5K
Week 3	Rest & Stretch	Strength training	2 min run / 2 min walk x 8 Interval Runs 16 min running / 32 min total	Rest & Stretch	30 – 45 MIN Easy Run	Rest	6K
Week 4	Rest & Stretch	6 min run / 2 min walk x 4 Interval Runs 24 min running / 32 min total	Strength training	Rest & Stretch	30 – 45 MIN Easy Run	Rest	7K
Week 5	Rest & Stretch	Strength training	2 min run / 2 min walk x 10 Interval Runs 20 min running / 40 min total	Rest & Stretch	30 – 45 MIN Easy Run	Rest	8K
Week 6	Rest & Stretch	8 min run / 2 min walk x 6 Interval Runs 48 min running / 60 min total	Strength training	Rest & Stretch	30 – 45 MIN Easy Run	Rest	9K
Week 7	Rest & Stretch	Strength training	10 min run / 2 min walk x 4 Interval Runs 40 min running / 48 min total	Rest & Stretch	30 – 45 MIN Easy Run	Rest	5K
Week 8	Rest & Stretch	2 min run / 2 min walk x 8 Interval Runs 16 min running / 32 min total	Strength training	Rest & Stretch	30 – 45 MIN Easy Run	Rest	10K!