

25 JULY 2021

21K · 10K · 5K

#RunMelbourne2021

# TRAINING GUIDE

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2XU

 CITY OF MELBOURNE

RUNNER'S  
WORLD

 RUN MELBOURNE

# 5K BEGINNER

If you're someone who can't run 20-minutes without needing to stop, you find it hard to increase your pace or you have never done speed work before – this program is perfect for you.

## GOAL = TO RUN 5K!

| WEEK      | MONDAY | TUESDAY                   | WEDNESDAY | THURSDAY   | FRIDAY | SATURDAY                        | SUNDAY LONG RUN                                  |
|-----------|--------|---------------------------|-----------|--|--------|---------------------------------|--|
| <b>1</b>  | Rest   | 15min walk                | Rest      | Warm-up: 5min walk<br>6 x 1min run + 2min walk<br>Cool down: 7min walk | Rest   | Cross training/Gym              | 10 x 1min run + 1min walk                        |
| <b>2</b>  | Rest   | 15min walk                | Rest      | Warm up: 5min walk<br>6 x 1min run + 2min walk<br>Cool down: 7min walk | Rest   | Cross training/Gym              | 10 x 1min run + 1min walk                        |
| <b>3</b>  | Rest   | 20min walk                | Rest      | Warm up: 5min walk<br>6 x 2min run + 2min walk<br>Cool down: 1min walk | Rest   | Cross training/Gym              | 6 x 3min run + 2min walk                         |
| <b>4</b>  | Rest   | 20min walk                | Rest      | Warm up: 5min walk<br>6 x 2min run + 2min walk<br>Cool down: 1min walk | Rest   | Cross training/Gym              | 6 x 3min run + 2min walk                         |
| <b>5</b>  | Rest   | 25min walk                | Rest      | Warm up: 5min walk<br>5 x 4min run + 2min walk                         | Rest   | Cross training/Gym              | 4 x 6min run + 2min walk                         |
| <b>6</b>  | Rest   | 25min walk                | Rest      | Warm up: 5min walk<br>5 x 4min run + 2min walk                         | Rest   | Cross training/Gym              | 4 x 6min run + 2min walk                         |
| <b>7</b>  | Rest   | 15min walk<br>+ 10min run | Rest      | Warm up: 5min walk<br>5 x 4min run + 1min walk<br>Cool down: 5min walk | Rest   | Cross training/Gym              | 3 x 8min run + 2min walk                         |
| <b>8</b>  | Rest   | 15min walk<br>+ 10min run | Rest      | Warm up: 5min walk<br>5 x 4min run + 1min walk<br>Cool down: 5min walk | Rest   | Cross training/Gym              | Warm up: 1K walk<br>3K run<br>Cool down: 1K walk |
| <b>9</b>  | Rest   | 10min walk<br>+ 15min run | Rest      | Warm up: 5min walk<br>6 x 4min run + 1min walk<br>Cool down: 1min walk | Rest   | Cross training/Gym              | Warm up: 1K walk<br>4K run<br>Cool down: 1K walk |
| <b>10</b> | Rest   | 10min walk<br>+ 15min run | Rest      | Warm up: 5min walk<br>6 x 4min run + 1min walk<br>Cool down: 1min walk | Rest   | Cross training/Gym              | Warm up: 1K walk<br>5K run<br>Cool down: 1K walk |
| <b>11</b> | Rest   | 5min walk<br>+ 20min run  | Rest      | Warm up: 5min walk<br>5 x 5min run + 1min walk                         | Rest   | Cross training/Gym              | Warm up: 1K walk<br>5K run<br>Cool down: 1K walk |
| <b>12</b> | Rest   | 15min run                 | Rest      | Warm up: 5min walk<br>5 x 2min run + 1min walk                         | Rest   | Warm up: 5min walk<br>10min run | <b>RACE DAY</b>                                  |

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

**EASY** - You can hold a conversation | **MODERATE** - You can say short phrases  
**HARD** - Speaking is virtually impossible

# 5K INTERMEDIATE

If you can run 20 minutes but want to run even faster to help you get that PB – this is the perfect guide for you. It will help you build up speed within a 12 week period.

## GOAL = TO RUN 5K, FAST!

| WEEK      | MONDAY | TUESDAY        | WEDNESDAY              | THURSDAY   | FRIDAY | SATURDAY                                       | SUNDAY LONG RUN   |
|-----------|--------|----------------|------------------------|--|--------|--|---|
| <b>1</b>  | Rest   | 20min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>8 × 30sec mod/hard to hard<br>+ 2min easy run<br>Cool down: 5min easy run     | Rest   | Cross training/Gym or<br>easy 20min run        | 4K  |
| <b>2</b>  | Rest   | 20min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>8 × 30sec mod/hard to hard run +<br>2min easy run<br>Cool down: 5min easy run | Rest   | Cross training/Gym or<br>easy 20min run        | 4K  |
| <b>3</b>  | Rest   | 20min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>6 × 2min mod/hard to hard run<br>+ 2min easy run<br>Cool down: 6min easy run  | Rest   | Cross training/Gym or<br>easy 20min run        | 5K  |
| <b>4</b>  | Rest   | 25min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>6 × 2min mod/hard to hard run<br>+ 2min easy run<br>Cool down: 6min easy run  | Rest   | Cross training/Gym or<br>easy 20min run        | 5K  |
| <b>5</b>  | Rest   | 20min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>6 × 2min mod/hard to hard run<br>+ 2min easy run<br>Cool down: 6min easy run  | Rest   | Cross training/Gym or<br>easy 20min run        | 6K  |
| <b>6</b>  | Rest   | 25min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>5 × 3min mod/hard to hard run<br>+ 1min easy run<br>Cool down: 10min easy run | Rest   | Cross training/Gym or<br>easy 20min run        | 6K  |
| <b>7</b>  | Rest   | 25min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>5 × 3min mod/hard to hard run<br>+ 1min easy run<br>Cool down: 10min easy run | Rest   | Cross training/Gym or<br>easy 20min run        | 7K  |
| <b>8</b>  | Rest   | 25min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>5 × 800m mod/hard to hard run<br>+ 2min easy run<br>Cool down: 5min easy run  | Rest   | Cross training/Gym or<br>easy 20min run        | <b>7K</b><br>Include 3K @ your<br>target race pace or a<br>moderately hard pace |
| <b>9</b>  | Rest   | 30min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>5 × 800m mod/hard to hard run<br>+ 2min easy run<br>Cool down: 5min easy run  | Rest   | Cross training/Gym or<br>easy 20min run        | <b>7K</b><br>Include 3K @ your<br>target race pace or a<br>moderately hard pace |
| <b>10</b> | Rest   | 30min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>4 × 1K mod/hard to hard run<br>+ 2min easy run<br>Cool down: 5min easy run    | Rest   | Cross training/Gym or<br>easy 20min run        | <b>8K</b><br>Include 5K @ your<br>target race pace or a<br>moderately hard pace |
| <b>11</b> | Rest   | 30min easy run | Cross training/<br>Gym | Warm up: 10min easy run<br>4 × 1K mod/hard to hard run<br>+ 2min easy run<br>Cool down: 5min easy run    | Rest   | Cross training/Gym or<br>easy 20min run        | <b>6K</b><br>Include 3K @ your<br>target race pace or a<br>moderately hard pace |
| <b>12</b> | Rest   | 20min easy run | Rest                   | Warm up: 10min easy run<br>5 × 2min mod/hard run<br>Cool down: 2min easy run                             | Rest   | 20min run<br>Include 3K at target<br>race pace | <b>RACE DAY</b>   |

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

**EASY** - You can hold a conversation | **MODERATE** - You can say short phrases  
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