

25 JULY 2021

21K · 10K · 5K

#RunMelbourne2021

TRAINING GUIDE

powered by  SOLE MOTIVE

RM
RUNMELBOURNE



2XU



RUNNER'S
WORLD



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
1	Rest	15min walk	Rest	Warm-up: 5min walk 6 x 1min run + 2min walk Cool down: 7min walk	Rest	Cross training/Gym	10 x 1min run + 1min walk
2	Rest	15min walk	Rest	Warm up: 5min walk 6 x 1min run + 2min walk Cool down: 7min walk	Rest	Cross training/Gym	10 x 1min run + 1min walk
3	Rest	20min walk	Rest	Warm up: 5min walk 6 x 2min run + 2min walk Cool down: 1min walk	Rest	Cross training/Gym	6 x 3min run + 2min walk
4	Rest	20min walk	Rest	Warm up: 5min walk 6 x 2min run + 2min walk Cool down: 1min walk	Rest	Cross training/Gym	6 x 3min run + 2min walk
5	Rest	25min walk	Rest	Warm up: 5min walk 5 x 4min run + 2min walk	Rest	Cross training/Gym	4 x 6min run + 2min walk
6	Rest	25min walk	Rest	Warm up: 5min walk 5 x 4min run + 2min walk	Rest	Cross training/Gym	4 x 6min run + 2min walk
7	Rest	15min walk + 10min run	Rest	Warm up: 5min walk 5 x 4min run + 1min walk Cool down: 5min walk	Rest	Cross training/Gym	3 x 8min run + 2min walk
8	Rest	15min walk + 10min run	Rest	Warm up: 5min walk 5 x 4min run + 1min walk Cool down: 5min walk	Rest	Cross training/Gym	Warm up: 1K walk 3K run Cool down: 1K walk
9	Rest	10min walk + 15min run	Rest	Warm up: 5min walk 6 x 4min run + 1min walk Cool down: 1min walk	Rest	Cross training/Gym	Warm up: 1K walk 4K run Cool down: 1K walk
10	Rest	10min walk + 15min run	Rest	Warm up: 5min walk 6 x 4min run + 1min walk Cool down: 1min walk	Rest	Cross training/Gym	Warm up: 1K walk 5K run Cool down: 1K walk
11	Rest	5min walk + 20min run	Rest	Warm up: 5min walk 5 x 5min run + 1min walk	Rest	Cross training/Gym	Warm up: 1K walk 5K run Cool down: 1K walk
12	Rest	15min run	Rest	Warm up: 5min walk 5 x 2min run + 1min walk	Rest	Warm up: 5min walk 10min run	RACE DAY

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
1	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 8 × 30sec mod/hard to hard + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	4K
2	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 8 × 30sec mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	4K
3	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 6 × 2min mod/hard to hard run + 2min easy run Cool down: 6min easy run	Rest	Cross training/Gym or easy 20min run	5K
4	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 6 × 2min mod/hard to hard run + 2min easy run Cool down: 6min easy run	Rest	Cross training/Gym or easy 20min run	5K
5	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 6 × 2min mod/hard to hard run + 2min easy run Cool down: 6min easy run	Rest	Cross training/Gym or easy 20min run	6K
6	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 3min mod/hard to hard run + 1min easy run Cool down: 10min easy run	Rest	Cross training/Gym or easy 20min run	6K
7	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 3min mod/hard to hard run + 1min easy run Cool down: 10min easy run	Rest	Cross training/Gym or easy 20min run	7K
8	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 800m mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	7K Include 3K @ your target race pace or a moderately hard pace
9	Rest	30min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 800m mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	7K Include 3K @ your target race pace or a moderately hard pace
10	Rest	30min easy run	Cross training/ Gym	Warm up: 10min easy run 4 × 1K mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	8K Include 5K @ your target race pace or a moderately hard pace
11	Rest	30min easy run	Cross training/ Gym	Warm up: 10min easy run 4 × 1K mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	6K Include 3K @ your target race pace or a moderately hard pace
12	Rest	20min easy run	Rest	Warm up: 10min easy run 5 × 2min mod/hard run Cool down: 2min easy run	Rest	20min run Include 3K at target race pace	RACE DAY

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