



## 12 WEEK TRAINING PROGRAM FOR ADVANCED RUNNERS - 5KM RUN

By Rod Cedaro

### WEEK ONE: INTRODUCTORY

#### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 20 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 6-8 X 150-200 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

#### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 6 X 80-100 metre downhill strides to slightly faster than race pace. Then run 3 X 1000 metres at threshold heart rate. Rest (stand still) for 10 seconds then complete the next 1000 metre effort. Cool down as per warm up.

#### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 40 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

#### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 10 minutes, then, without a rest find a moderate incline (4-6%) and complete 4 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

#### Friday:

**EASY RECOVERY JOG:** Jog for 20 minutes at warm up/cool down intensity.

#### Saturday: REST

#### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 50 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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## WEEK TWO: MODERATE WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 35 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 6-8 X 150-200 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 4 X 1000 metres at threshold heart rate. Rest (stand still) for 10 seconds then complete the next 1000 metre effort. Cool down as per warm up.

### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 45 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 12 minutes, then, without a rest find a moderate incline (4-6%) and complete 6 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 30 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 60 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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### WEEK THREE: HARD WEEK

#### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 40 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 8-10 X 150-200 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

#### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 5 X 1000 metres at threshold heart rate. Rest (stand still) for 10 seconds then complete the next 1000 metre effort. Cool down as per warm up.

#### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 60 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

#### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 15 minutes, then, without a rest find a moderate incline (4-6%) and complete 8 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

#### Friday:

**EASY RECOVERY JOG:** Jog for 40 minutes at warm up/cool down intensity.

#### Saturday: REST

#### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 75 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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#### WEEK FOUR: RECOVERY WEEK

##### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 20 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 4-6 X 150-200 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

##### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 3 X 1000 metres at threshold heart rate. Rest (stand still) for 10 seconds then complete the next 1000 metre effort. Cool down as per warm up.

##### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 40 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

##### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 10 minutes, then, without a rest find a moderate incline (4-6%) and complete 5 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

##### Friday:

**EASY RECOVERY JOG:** Jog for 20 minutes at warm up/cool down intensity.

##### Saturday: REST

##### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 45 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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## WEEK FIVE: HELL WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 40 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 10 X 150-200 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 6 X 1000 metres at 5bpm above threshold heart rate. Rest (stand still) for 10 seconds then complete the next 1000 metre effort. Cool down as per warm up.

### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 60 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 16 minutes, then, without a rest find a moderate incline (4-6%) and complete 10 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 30 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 90 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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## WEEK SIX: CONSOLIDATION WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 20 minutes at aerobic endurance pace over a flat to undulating terrain. Throughout this period include 4 X 150 metre "pick-ups" – stride out at 85-90% of your maximal capacity, then recover by coming back down to aerobic endurance pace. Cool down as per warm up.

### Tuesday:

**THRESHOLD RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 3 X 1000 metres at threshold heart rate. Rest (stand still) for 10 seconds then complete the next 1000 metre effort. Cool down as per warm up.

### Wednesday:

**MID WEEK MODERATE DURATION AEROBIC ENDURANCE RUN:** Warm up for 10 minutes then run for 40 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace. Cool down as per the warm up.

### Thursday:

**STRENGTH-ENDURANCE RUN:** Warm up for 10 minutes. Increase the intensity up to threshold for 8 minutes, then, without a rest find a moderate incline (4-6%) and complete 4 X 300 metre uphill efforts (disregard heart rate response), run up hard, jog down easy and repeat. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 20 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 50 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). Cool down as per warm up.

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## WEEK SEVEN: TRANSITION WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 30 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 6 X 150-200 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD-TOLERANCE RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 6 X 500 metres, the first two reps at threshold heart rate followed by a 5 second rest, the second two reps at lactate tolerance heart rate followed by a 20 second rest, the third two reps back at threshold heart rate, with a 5 second recovery between each. Rest by standing still or walking around between the 500 metre effort. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 35 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 8 minute surge to 5bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**QUALITY RUN:** Warm up for 10 minutes. Complete 5 X 400 metre efforts at slightly faster than threshold intensity, separate each 400 with a 200 metre "float" slightly slower than threshold intensity – partial recovery only before increasing the pace once more. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 30 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 50 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include an 10 minute surge to 5bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK EIGHT: BUILD WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 40 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 8 X 150-200 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD-TOLERANCE RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 10 X 500 metres – in pyramiding fashion: the first two reps at 5bpm less than threshold heart rate followed by a 5 second rest, the second two reps at threshold heart rate followed by a 10 second rest, the third two reps at lactate tolerance heart rate with a 15 second rest following each rep. The next two reps back at threshold heart rate intensity with a 10 second rest following each rep, the last two 500 metre reps at 5bpm less than threshold with a 5 second rest between each effort. Rest by standing still or walking around between the 500 metre effort. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 40 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 10 minute surge to 5bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**QUALITY RUN:** Warm up for 10 minutes. Complete 6 X 400 metre efforts at slightly faster than threshold intensity, separate each 400 with a 200 metre “float” slightly slower than threshold intensity – partial recovery only before increasing the pace once more. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 35 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 60 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include a 12 minute surge to 5bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK NINE: PEAK WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 45 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 10 X 150-200 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD-TOLERANCE RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 5 X 1000 metres – in pyramiding fashion: the first two reps at threshold heart rate followed by a 5 second rest, the third rep at maximal intensity/effort (> lactate tolerance heart rate) followed by a 15 second rest, the fourth and fifth reps back at threshold heart rate intensity with a 5 second rest between each effort. Rest by standing still or walking around between the 1000 metre effort. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 50 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 12 minute surge to 5bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**QUALITY RUN:** Warm up for 10 minutes. Complete 8 X 400 metre efforts at slightly faster than threshold intensity, separate each 400 with a 200 metre “float” slightly slower than threshold intensity – partial recovery only before increasing the pace once more. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 40 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 75 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include a 15 minute surge to 5bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK TEN: MODERATION WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 40 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 6 X 150-200 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD-TOLERANCE RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 3 X 1000 metres – in pyramiding fashion: the first rep at threshold heart rate followed by a 5 second rest, the second rep at maximal intensity/effort (> lactate tolerance heart rate) followed by a 15 second rest, the third and final rep back at threshold heart rate intensity. Rest by standing still or walking around between the 1000 metre effort. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 40 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 8 minute surge to 5bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**QUALITY RUN:** Warm up for 10 minutes. Complete 6 X 400 metre efforts at slightly faster than threshold intensity, separate each 400 with a 200 metre “float” slightly slower than threshold intensity – partial recovery only before increasing the pace once more. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 30 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 60 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include a 10 minute surge to 5bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK ELEVEN: EASY WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 30 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 6 X 150 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD-TOLERANCE RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run a straight 2000-3000 metre effort at your predicted 5km race pace. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 20 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 5 minute surge to 10bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**QUALITY RUN:** Warm up for 10 minutes. Complete 5 X 400 metre efforts at slightly faster than threshold intensity, separate each 400 with a 200 metre "float" slightly slower than threshold intensity – partial recovery only before increasing the pace once more. Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 20 minutes at warm up/cool down intensity.

### Saturday: REST

### Sunday:

**LONG AEROBIC-TEMPO RUN:** Warm up for 10 minutes then increase the pace to aerobic endurance intensity for 45 minutes over a flat to undulating natural terrain (e.g. Golf course or park, etc.). During this period include a 8 minute surge to 5-10bpm lower than threshold intensity in the midst of the run. Cool down as per warm up.

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## WEEK TWELVE: TAPER SEQUENCE WEEK

### Monday:

**AEROBIC STRIDES RUN:** Warm up for 10 minutes at warm up heart rate. Run for 30 minutes at aerobic endurance pace over a flat to undulating terrain. At the end of this period complete 5 X 100 metre over-paced strides at faster than your predicted race pace, recover by walking/jogging back up the hill before completing your next over-speed down-hill effort. Cool down as per warm up.

### Tuesday:

**THRESHOLD-TOLERANCE RUN:** Warm up for 10 minutes, at the end of this period complete 4 X 80-100 metre downhill strides to slightly faster than race pace. Then run 6 X 500 metres – in pyramiding fashion: the first two reps at threshold heart rate followed by a 10 second rest, the third and fourth rep at maximal intensity/effort (> lactate tolerance heart rate) followed by a 20 second rest, the last two reps back at threshold heart rate intensity with a 10 second rest between each. Rest by standing still or walking around between the 500 metre effort. Cool down as per warm up.

### Wednesday:

**AEROBIC ENDURANCE-TEMPO RUN:** Warm up for 10 minutes then run for 20 minutes over a flat to undulating natural terrain (e.g. A golf course) at aerobic endurance pace, during this period include a 6 minute surge to 10bpm lower than threshold intensity in the midst of the run. Cool down as per the warm up.

### Thursday:

**QUALITY RUN:** Warm up for 10 minutes. Complete 3-4 X 400 metre efforts at slightly faster than threshold intensity, separate each 400 with a 200 metre “float” slightly slower than threshold intensity – partial recovery only before increasing the pace once more. Walk away from this session feeling on top of it and as though you could easily do another 1-2 X 400 metre repeats – don’t! Cool down as per warm up.

### Friday:

**EASY RECOVERY JOG:** Jog for 20 minutes at warm up/cool down intensity.

### Saturday:

**AEROBIC-STRIDES RUN:** After warming up for 5 minutes run for 15-20 minutes at aerobic endurance pace. During this period include 6 X 30-45 second picks ups to around race pace spread throughout the session. Cool down as per warm up.

### Sunday:

**RACE 5km EVENT**

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