

5 km

Training

Guide



This training guide was created by Rob Watson. A 4×Canadian National Champion, 9×Canadian National Team member, and proud lululemon ambassador.



Training Terms

Easy Run Pace

You'll spend most of your training at this pace: "easy" or "aerobic". 90-95% of your 10 km race is aerobic. Easy running is a comfortable, conversational pace and can vary daily, depending on how you're feeling. You should never feel like you are "pushing" to hit paces on easy runs.

Tempo Run

Get comfortable feeling uncomfortable. Tempo runs should feel comfortably hard. They're done at an effort level at which your body is able to clear as much lactate as it produces. The general rule of thumb is that tempo pace is the pace that you could hold for a 60 min race.

Interval Training Paces

Interval pace is a speed you can maintain for 10-15 minutes at max effort. Intervals are shorter reps with a bigger rest ratio. Pace is faster than 10 km race pace and each rep should burn.

Strides

They're short 15-25 second sprints that loosen up your body and get it ready to go fast.

They're done in sets of 4-10 and start at 5 km race pace and work up to 10 km race pace.

Strides can be done before or after a run, or at the end of your warm up.

Hills

Hill work is a fairly low impact way to increase power, increase running economy and build speed. Longer hill reps can be great to help build power, while shorter reps will develop speed and power. Hills also burn. They'll make you tough.

Warm Up

The purpose of the warm-up is to get the muscles warm, the blood flowing and to loosen up the legs. It can be as slow as you need it to be.

Cool Down

During your run you accumulated lactate in the legs. A slow jog keeps the blood moving to your tired muscles and helps start the recovery process. Slow and easy is the name of the game.

Long Run

Long runs are some of the most important runs you'll do. Every training plan, no matter the distance, will incorporate a weekly long run. These runs range from 60 min-3 hrs based on your fitness level and racing goals. They increase your endurance and aerobic capacity, improve your cardiovascular system's efficiency, and increase your body's ability to store fuel by increasing the amount of glycogen stored in your muscles and liver.

Yoga

Runners are generally pretty tight, especially in our hips, hamstrings, and calves. Runners usually have weak glutes. So, yoga is a great way to increase mobility and add some strength in a non-impactful, relatively stress-free way. Pigeon pose and Warrior sequence are great for your hips and quads. Downward dog hits the calves and hamstrings.

Go to week:

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Week 1

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run / Walk

2-3 km

Walk as much as you like, goal is distance, not time.

WED

Workout

8×30 sec on, 60 sec jog between each.

THU

Yoga

FRI

Rest Day

SAT

Easy Run

2-3 km

Walk as much as you like. The goal is distance, not time.

SUN

Rest Day



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Week 2

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run / Walk

2-3 km

Walk as much as you like. The goal is distance, not time.

WED

Workout

3×30 sec on, 30 sec jog

2 min rest

2×60 sec on, 60 sec jog

2 min rest

2×90 sec on, 90 sec jog

THU

Yoga

FRI

Rest Day

SAT

Easy Run

3 km

SUN

Rest Day



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Week 3

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run / Walk

2-4 km

WED

Workout

6×30-40 sec hills

THU

Yoga

FRI

Rest Day

SAT

Tempo Run

5×2 min at tempo
90 sec walk rest

SUN

Long Run

3-4 km



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Week 4

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run / Walk

2-4 km

WED

Workout

3×1 km at goal 5 km pace

90 sec walk recovery between each

THU

Yoga

FRI

Rest Day

SAT

Easy Run

2-3 km

SUN

Long Run

3-4 km



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Week 5

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run / Walk

3-4 km

4×strides

WED

Workout

2×1 km, 400m at 400m at race pace

60 sec rest between reps

90 sec rest between sets

THU

Yoga

FRI

Rest Day

SAT

Hills

8×45 sec hills

SUN

Long Run

4-7 km



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Week 6

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run

3-4 km

WED

Workout

1 km, 2 km, 1 km at goal 5 km pace
2 min walk recovery

THU

Yoga

FRI

Rest Day

SAT

Easy Run

3-4 km

Through out your run, complete 8×30 sec at 5 km pace.

SUN

Long Run

5-8 km



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MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run

4-5 km w/ 5×strides

WED

Workout

1×800 m, 200 m, 600 m, 200 m, 400 m, 200 m
at interval pace
200 m recovery jog between each

THU

Yoga

FRI

Rest Day

SAT

Easy Run

3-5 km

SUN

Long Run

2 km easy
4 km at tempo pace
2 km easy



Week 8

MON	Mindful / Mental Prep Set an intention for the week, write down your goals and remind yourself of your purpose with your running.
TUE	Easy Run 3-5 km
WED	Workout 1 km at interval pace 3 km at race pace 500 m at interval pace 2 min walk recovery between each
THU	Yoga
FRI	Rest Day
SAT	Easy Run 3-5 km
SUN	Long Run 6 km



Week 9

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run

3-4 km

5×strides

WED

Workout

2×1 km at goal race pace, 90 sec rest 4×400 at below goal race pace

THU

Yoga

FRI

Rest Day

SAT

Easy Run

3 km

Get ready to jam!

SUN

Race



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