

5 KM

8-WEEK TRAINING PROGRAMME



T H E

G O A L

OF THIS PLAN ISN'T TO GET YOU ACROSS

THE FINISH LINE, IT'S TO GET

T H E B E S T

V E R S I O N O F

Y O U

ACROSS THE FINISH LINE.



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THIS 8 - WEEK
TRAINING PLAN

COMBINES

SPEED,

ENDURANCE

AND

RECOVERY

TO GET YOU READY TO
TACKLE A 5KM.

BEFORE DIVING STRAIGHT INTO THE TRAINING PLAN, READ ALL OF THE MATERIAL TO ENSURE YOU GET THE MOST OUT OF IT.

This plan is built to adapt to your experience level, but it's also uniquely flexible to your needs. Here's what you should know to get the most out of the Nike+ Run Club Training Plan:

IT'S NOT JUST ABOUT DISTANCE

This training plan is built to help you to maximise your efforts on race day through Speed, Endurance and Recovery.

THIS PLAN WORKS FOR YOU

Your schedule varies. So does the weather and how you feel, but here are a few things to keep in mind as you modify this plan to your needs:

- Speed and Endurance Runs are essential parts of the plan to maximise your training.
- You have four Recovery days — use them to break up your Speed and Endurance Runs. Avoid doing Speed and Endurance runs on back-to-back days.
- Use Recovery days as you choose. You can run a few kilometres, cross-train or take a rest. We recommend running on two of your four Recovery days.
- Stay within the recommended distance ranges during Endurance and Recovery day runs.

TRAINING STARTS WHEN YOU START

This plan was designed around an 8-week schedule for maximum results. It was built to adapt to your experience level and intended to be uniquely flexible to your needs as you prepare to tackle a 5km. Whether you're eight or five weeks from race day, you can jump into this programme whenever it suits you. You're in control of what you put into the programme.

TOOLS TO TAKE YOU FURTHER

- You ran those kilometres. Now claim them. Share your progress with the Nike+ Running App to get cheers, motivation and encouragement from your friends.
- The N+TC App is a great way to add cross-training to your schedule.

WEEKLY WORKOUTS



This plan includes three types of workout activities each week. All three are important to get the fittest, strongest and fastest version of you to the finish line.

SPEED

Building strength through speed training is important as you prepare. Throughout this plan you'll be introduced to a variety of speed workouts and drills that will make you faster.

ENDURANCE

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance with weekly Long Runs.

RECOVERY

Recovering from your workout days is just as important as the workouts themselves. Use these days to recover based on how you feel. Either take the day off, try a N+TC workout or go for a few Recovery kilometres.

HOW TO USE THE PACE CHART

Throughout the plan, you will see references to different paces you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace targets. Knowing your pace targets will make your speed work easier.

Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot.

The chart on page 8 will help you understand which pace you should aim to run during each session.

FIND YOUR STARTING PACE

To get started, you'll need to identify the row of pace targets that is right for you. You can find the right row based on any of the following:

Use a recent 5km, 10km, Half Marathon or Marathon time, if you have run one. By "recent" we mean in the last month or two.

Use the Nike+ Running App and go on a few runs to determine your average pace. This will be your Recovery day pace.

If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find the row of pace targets within the Pace Chart.

FOR EXAMPLE

If your last race was a 27:00 minute 5km, find the row with 27:00 minutes under the 5km column on the Pace Chart and slide across the row left or right to find your other pace targets. In this case, the pace targets would be as follows:

KM BEST	5KM BEST / AVG KM PACE	10KM BEST / AVG KM PACE	TEMPO AVG KM PACE	HALF MARATHON BEST / AVG KM PACE	MARATHON BEST / AVG KM PACE	RECOVERY DAY PACE
5:00	27:00 / 5:25	55:50 / 5:35	5:50	2:05:00 / 5:55	4:15:00 / 6:00	6:30

Start with your 5km
Best / Avg km pace
and read to the left
or right.

ANOTHER EXAMPLE

If your KM Best time is 5:55, find that KM Best time on the Pace Chart and slide across to see your other average KM pace targets. Here, your pace targets would be as follows:

KM BEST	5KM BEST / AVG KM PACE	10KM BEST / AVG KM PACE	TEMPO AVG KM PACE	HALF MARATHON BEST / AVG KM PACE	MARATHON BEST / AVG KM PACE	RECOVERY DAY PACE
5:55	31:45 / 6:20	66:00 / 6:35	6:50	2:25:00 / 6:55	5:00:00 / 7:05	7:35

Start with your KM Best
and read to the right for
your other pace targets.

THINGS TO KNOW

When you have your range of pace targets, it helps to understand a few things about how you will use them:

During your training there will be days you may be a little ahead of pace, and other days a little behind.

Remember that the paces are only to be used as a guide. You will have good days and bad days so be flexible with your expectations. Hopefully, you will be increasing your fitness each week and your paces will increase in speed as you go.

When this plan is over and you head out for race day be confident in all the work you have done. It is that work that will take you to new fitness levels, faster paces, this starting line and the all the ones beyond.

PACE CHART



KM BEST	5KM BEST / AVG KM PACE	10KM BEST / AVG KM PACE	TEMPO AVG KM PACE	HALF MARATHON BEST / AVG KM PACE	MARATHON BEST / AVG KM PACE	RECOVERY DAY PACE
3:05	17:05 / 3:25	35:45 / 3:35	3:45	1:18:00 / 3:45	2:44:00 / 3:55	4:20
3:25	18:45 / 3:45	39:00 / 3:55	4:05	1:25:00 / 4:00	3:00:00 / 4:15	4:45
3:45	20:15 / 4:05	42:00 / 4:10	4:20	1:35:00 / 4:30	3:15:00 / 4:35	5:05
4:00	22:00 / 4:20	45:45 / 4:32	4:45	1:40:00 / 4:45	3:30:00 / 4:55	5:25
4:20	23:45 / 4:45	49:00 / 4:55	5:05	1:50:00 / 5:10	3:45:00 / 5:20	5:50
4:40	25:15 / 5:00	52:30 / 5:15	5:30	1:55:00 / 5:25	4:00:00 / 5:40	6:10
5:00	27:00 / 5:25	55:50 / 5:35	5:50	2:05:00 / 5:55	4:15:00 / 6:00	6:30
5:20	28:30 / 5:40	59:00 / 5:55	6:10	2:10:00 / 6:10	4:30:00 / 6:20	6:50
5:35	30:00 / 6:00	62:30 / 6:15	6:30	2:20:00 / 6:40	4:45:00 / 6:45	7:10
5:55	31:45 / 6:20	66:00 / 6:35	6:50	2:25:00 / 6:55	5:00:00 / 7:05	7:35
6:15	33:00 / 6:35	69:00 / 6:55	7:10	2:35:00 / 7:20	5:15:00 / 7:25	7:55
6:30	35:00 / 7:00	72:00 / 7:15	7:30	2:40:00 / 7:35	5:30:00 / 7:45	8:15
6:50	36:15 / 7:15	75:00 / 7:30	7:45	2:50:00 / 8:00	5:40:00 / 8:05	8:35
7:10	38:00 / 7:35	78:30 / 7:45	8:05	2:55:00 / 8:15	5:50:00 / 8:15	8:45
7:30	39:30 / 7:55	81:30 / 8:10	8:25	3:05:00 / 8:45	6:00:00 / 8:30	9:00

GLOSSARY



This glossary elaborates on the running-specific terms you'll see referenced throughout this plan. It's important to understand the different types of runs that this plan includes in order to get the most out of the full training journey.

WORKOUTS

SPEED

The best way to improve your fastest pace is to work on it for brief periods in a series of speed intervals. They can be the same length and pace with the same amount of recovery time, or can involve various distances, paces and recovery periods. Long intervals, Fartlek, Tempo and Hill Runs are all Speed workouts. See Types of Runs below for definitions of these.

ENDURANCE

Your weekly Endurance Run is a long-distance run at a comfortable pace. It is an essential part of your training that helps the body and mind adapt to increased distances. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run as a Progression Run. See Types of Runs for a definition of Progression Run.

RECOVERY

Recovery is just as important as your hard workouts. Listen to what your body needs on Recovery days, whether that means taking the day off completely, cross-training with the N+TC App or running a few Recovery kilometres. Ideally, at least two of your Recovery days should be spent running. Recovery Runs increase your stamina and help you recover at the highest quality possible after intense training. They should be run as Progression Runs. See Types of Runs below for a definition of Progression Run.

TYPES OF RUNS

PROGRESSION RUN

Progression Runs improve stamina and allow the body to adapt to the stress of running. Build your pace over the course of each run by starting slower than Recovery Pace and finishing at faster than Recovery Pace. Over the course of the run you will average your Recovery Pace. Your Endurance and Recovery Runs should always be run as Progression Runs.

TRACK

Track refers to a session that includes a series of speed intervals. Ideally, this type of a workout is done on a track as the surface allows you to play with faster paces with precise measurements, but it can be done just about anywhere. You may choose to use streets, traffic lights or even trees as interval markers.

STRIDES

Strides refer to very short runs that are usually done prior to a run or workout, or immediately after. A series of strides should become faster in pace—often, the first Stride will be the longest and the slowest. There should be a brief recovery between each Stride.

FARTLEK

Fartleks work on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one minute of light running followed by one minute of hard running, repeated for a certain amount of minutes, kilometres or alternating at the end of every street.

SPLIT INTERVALS

Split Intervals refers to running two different paces in one interval. For example, running a 400-metre interval, with the first 200 metres easy and the last 200 metres fast. This effectively divides the interval into two parts.

HILLS

Hill workouts develop speed and form. It takes extra effort to run uphill so you do not need to run as fast as you would on a flat section. While running uphill, remain in control of your breathing. Don't lean too far forward. A light lean with the chin leading the chest is enough. Uphills are a great way to develop speed and strength with minimal pounding on the legs.

TEMPO

Tempo is a hard but controlled pace that can be run as long intervals or a steady run of 2-16km. The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable.

TURNAROUNDS

Turnarounds are practised during short intervals. Rather than stopping at the end of an interval, run through the line and turn around as quickly and safely as you can to start the next repeat.

TYPES OF PACES

GOAL KM PACE

This is the pace at which you could race or run hard for one kilometre.

5KM PACE (FASTER)

This is the pace at which you could race or run hard for about 5km.

10KM PACE (FAST)

This is the pace at which you could race or run hard for about 10km

TEMPO PACE

This is the pace that helps you teach your body to be comfortable being uncomfortable by maintaining as quick a pace as possible for a specified distance.

RECOVERY PACE (EASY)

A pace easy enough that you can catch your breath while running.

IF YOU . . .

EVERYONE'S TRAINING JOURNEY IS DIFFERENT. BUT THERE ARE SOME RECURRING CHALLENGES AND QUESTIONS THAT MANY RUNNERS ENCOUNTER ALONG THE WAY. HERE'S HOW TO UNDERSTAND AND OVERCOME THESE COMMON HURDLES ON YOUR ROAD TO RACE DAY.

IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE,

adjust the training schedule to your needs. For best results, each week should include the three key workouts — Speed, Endurance and Recovery. Prioritise Speed and Endurance workouts and make sure you recover intelligently.

IF YOU DON'T KNOW HOW TO FIGURE OUT YOUR PACE,

then experiment until you find it. When you're out running, you run on feel. You have different gears whether you realise it or not. Be patient, pay attention and have fun experimenting with your comfort level while running at different speeds across different distances. Use the Nike+ Running App while you run to keep track of your paces, and use our Pace Chart guidelines on page 6 to find your pace targets.

IF YOU'RE TIRED,

figure out why. Feeling fatigued is normal as your training progresses, but make sure you're supporting yourself in all other aspects of your life: get enough sleep, eat right, hydrate properly, respect Recovery days and wear the proper shoes. Sometimes the best training is to focus on recovery and rest.

IF YOU LACK MOTIVATION,

look for inspiration. Even where you don't expect to find it—like on a run that you don't want to do. Go out for ten minutes and if you don't feel like running anymore then come back. Just make sure you come back running.

IF YOU HAVE A TERRIBLE RUN,

move on to the next one. Some runs are just terrible — sometimes there's no reason, sometimes there is. Take a moment to see if there's a reason and learn something about yourself if there is. Being comfortable with a bad run is just as important as the joy of a great run.

IF YOU'RE HURT,

stop running. There is a difference between hurting and being hurt. It's essential to listen to and learn from your body throughout your training. Sometimes missing kilometres in the present lets you run better kilometres in the future.

IF YOU ARE GOING TO RACE,

give yourself time to recover—beforehand and afterwards. You may want to back off in terms of distance or pace a few days prior to the race. Be sure to give yourself a few days of recovery after it's over too (regardless of whether or not you consider it a successful race).

5KM WEEK-BY-WEEK OVERVIEW



This 8-week training plan combines Endurance, Strength and Speed to get you ready to tackle 5km. This plan is built for you to adapt to your experience level. You'll schedule rest days and N+TC workouts into your routine as well.

8 WEEKS TO GO

A STARTING LINE



This week you will begin your 8-week journey with a series of Recovery Runs and light workouts that will introduce you to the training plan.

7 WEEKS TO GO

SET GOOD HABITS



Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days.

6 WEEKS TO GO

DEVELOP CONSISTENCY



In your third week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency.

5 WEEKS TO GO

WARM UP



You are hitting your stride. Some days you will feel great. Other days you will feel tired. Both types of days will show you that you are putting in the work and are on track to get where you need to be.

4 WEEKS TO GO

TIME TO EVOLVE



You are a different athlete now than you were when this started. It's time to do the work to become stronger, faster and better

3 WEEKS TO GO

READY TO RUN



You are fit, strong and ready to take on any workout on any day. The kilometres will start to pass by more quickly. Make sure you appreciate what you have done and what you are still doing.

2 WEEKS TO GO

SHARPEN EVERY STEP



You don't taper. You sharpen. This week the speed picks up but the recovery picks up even more. It's quality running and quality recovery from now on.

1 WEEK TO GO

THE STARTING LINE



You've made it. Run strong and confidently this week. Use what you have learned and the progress you have made. You are ready to take the line.

8 WEEKS TO GO

A STARTING LINE



This week you will begin your journey with a series of runs and light workouts that will introduce you to the training plan. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended kilometres. To round out your training, consider adding N+TC workouts into your routine to get fit, fast.

RECOVERY

We recommend recovering with a 1.5-5km Progression Run. Start slow and quicken your pace over the course of your run.

RECOVERY

Easy does it. Run a few Recovery kilometres, do a N+TC workout or take the whole day off.

SPEED

TRACK

(2x) 200 metres at **KM** pace
Split **800** metres:

the first **600** metres at **5km** pace,
the last **200** metres at **KM** pace
400 metres at **5km** pace

Split **800** metres:

the first **600** metres at **5km** pace,
the last **200** metres at **KM** pace
400 metres at **5km** pace

RECOVERY

The purpose of today's 1.5-5km run is to recover after your last workout. Gradually build up speed so your last kilometre is your fastest.

ENDURANCE

3-5KM

This is your longest run of the week. Run this distance consistently to build your endurance for race day.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is **60-90 seconds** slower than your goal pace for race day.

RECOVERY

Go for a few Recovery kilometres, do a N+TC workout or take the whole day off. Give your body whatever it craves today.

SPEED

TRACK

1.5km at your **10km** pace
400 metres at **KM** pace
800 metres at **5km** pace

Follow each interval with **3 minutes** of recovery.

Repeat series **2x**.

7 WEEKS TO GO

SET GOOD HABITS



Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, consider adding N+TC workouts into your routine to get fit, fast.

RECOVERY

Recovery kilometres are as important as your Speed and Endurance Runs. Try running 1.5-5km progressively today. Start slowly and gradually build your speed so your last kilometre is faster than your first.

RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery kilometres, doing a N+TC workout or take the day off.

SPEED

TRACK

400 metres at 10km pace
(2x) 400 metres at 5km pace
400 metres at KM pace

2-minute recovery between each interval.
Repeat series 2x.

RECOVERY

Use today's 1.5-5km run to recover as efficiently as possible. Build your speed gradually so your first kilometre is your slowest and your last is your fastest.

ENDURANCE

3-5KM

Get ready to go the distance on race day with your week's longest run.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

RECOVERY

Go for a few Progression kilometres, do a N+TC workout or take the whole day off. Give your body what it craves today.

SPEED

FARTLEK

1.5km at your Tempo pace

Follow with this Fartlek sequence:
1 min at a hard pace, 30 sec easy pace
2 min hard pace, 1 min easy pace
3 min hard pace, 1:30 min easy pace
3 min hard pace, 1:30 min easy pace
2 min hard pace, 1 min easy pace
1 min at a hard pace, 30 sec easy pace

1.5km at your Tempo pace

6 WEEKS TO GO

DEVELOP CONSISTENCY



In your third week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, consider adding N+TC workouts into your routine to get fit, fast.

RECOVERY

Recover from your last effort with a 3-5km Progression Run. Start slow and quicken your pace over the course of your run.

RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery kilometres, doing a N+TC workout or take the day off.

SPEED

TRACK

800 metres at	5km pace	45-sec	recovery
200 metres at	KM pace	2-min	recovery
600 metres at	5km pace	45-sec	recovery
200 metres at	KM pace	2-min	recovery
400 metres at	5km pace	45-sec	recovery

RECOVERY

Focus on control as you recover from your last workout. Recover with 3-5km Progression kilometres. Gradually build speed from your first kilometre to your last.

ENDURANCE

5-6.5KM

Running this distance consistently will help prepare the body and mind to go the distance on race day.

You're almost there! For the last six weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

RECOVERY

Give your body what it craves today by running a few easy kilometres, doing a N+TC workout or taking the day off.

SPEED

INTERVALS

1000 metres at	10km	pace
1000 metres at	Tempo	pace
1000 metres at	10km	pace
1000 metres at	Tempo	pace
1000 metres at	10km	pace

(4x) 100-metre Strides

2-minute rest between each interval.
30 seconds between Strides.

5 WEEKS TO GO

WARM UP



You are hitting your stride. Some days you will feel great. Other days you will feel tired. Both types of days will show you that you are putting in the work and are on track to get where you need to be. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, consider adding N+TC workouts into your routine to get fit, fast.

RECOVERY

We recommend recovering with a 3-5km Progression Run. Start slow and quicken your pace over the course of your run.

RECOVERY

Easy does it. Run a few Recovery kilometres, do a N+TC workout or take the whole day off.

SPEED

TRACK

300 metres at	KM pace	45-sec	recovery
400 metres at	5km pace	2-min	recovery
500 metres at	5km pace	2-min	recovery
600 metres at	10km pace	2-min	recovery
500 metres at	5km pace	2-min	recovery
400 metres at	5km pace	2-min	recovery
300 metres at	KM pace		

RECOVERY

The purpose of today's 3-5km run is to recover after your last workout. Gradually build up speed so your last kilometre is your fastest.

ENDURANCE

6.5-8KM

Get ready to go the distance on race day with your week's longest run.

For the last five weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

RECOVERY

Go for a few Recovery kilometres, do a N+TC workout or take the whole day off. Give your body whatever it craves today.

SPEED

TEMPO

6.5km Progression Run averaging at your **Tempo** pace.

(8x) 100-metre Strides

4 WEEKS TO GO

TIME TO EVOLVE



You are a different athlete now than you were when this started. It's time to do the work to become stronger, faster and better. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, consider adding N+TC workouts into your routine to get fit, fast.

RECOVERY

Recovery kilometres are as important as your Speed and Endurance Runs. Try running 3-5km progressively today. Start slowly and gradually build your speed so your last kilometre is faster than your first.

RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery kilometres, doing a N+TC workout or take the day off.

SPEED

TRACK

Start out your session with a **3km** time trial — running at your race day pace.

Follow with:

- 200 metres at **10km** pace
 - 200 metres at **5km** pace
 - 200 metres at **KM** pace
 - 200 metres at **10km** pace
 - 200 metres at **5km** pace
 - 200 metres at **KM** pace
- 10-minute** recovery after **3km**
60-seconds recovery between **200** metre intervals

RECOVERY

Use today's 3-5km run to recover as efficiently as possible. Build your speed gradually so your first kilometre is your slowest and your last is your fastest.

ENDURANCE

5-6.5KM

Running this distance consistently will help prepare the body and mind to go the distance on race day.

You're almost there! For the last four weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

RECOVERY

Give your body what it craves today by running a few easy kilometres, doing a N+TC workout or taking the day off.

SPEED

PROGRESSION

Run **8km** as a Progression Run. Your pace should drop so the last **3km** are run at a **Tempo** pace.

3 WEEKS TO GO

READY TO RUN



You are fit, strong and ready to take on any workout on any day. The kilometres will start to pass by more quickly. Make sure you appreciate what you have done and what you are doing. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, consider adding N+TC workouts into your routine to get fit, fast.

RECOVERY

Recover from your last effort with a 3-5km Progression Run. Start slow and quicken your pace over the course of your run.

RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery kilometres, doing a N+TC workout or take the day off.

SPEED

TRACK

Run **1.5km**: Alternate between running **200 metres** at **Tempo** pace and **200 metres** at **KM** pace. Follow with **4-minute** recovery.

Split **400m**: the first **200m** at **Tempo** pace the last **200m** at **KM** pace. **2-minute** recovery.

Split **400m**: the first **200m** at **Tempo** pace the last **200m** at **KM** pace.

RECOVERY

Focus on control as you recover from your last workout. Recover with 3-5 Progression kilometres. Gradually build speed from your first kilometre to your last.

ENDURANCE

5-6.5KM

Get ready to go the distance on race day with your week's longest run.

For the last three weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

RECOVERY

Go for a few Progression kilometres, do a N+TC workout or take the whole day off. Give your body what it craves today.

SPEED

HILLS

Run uphill for **2 minutes**—preferably **90 seconds** up and **30 seconds** over a crest. Repeat **6x**.

If you don't have a hill, do a **2-minute** Progression Run that builds from a **10km** to a **KM** pace and repeat **6x**.

Whether on a hill or flat, allow for a full recovery between intervals.

2 WEEKS TO GO

SHARPEN EVERY STEP



You don't taper. You sharpen. This week the speed picks up but the recovery picks up even more. It's quality running and quality recovery from now on. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, consider adding N+TC workouts into your routine to get fit, fast.

RECOVERY

The purpose of today's 3-5km run is to recover after your last workout. Gradually build up speed so your last kilometre is your fastest.

RECOVERY

Easy does it. Run a few Recovery kilometres, do a N+TC workout or take the whole day off.

SPEED

TRACK

- (2x) 200 metres at **5km** pace
- 400 metres at **10km** pace
- (2x) 200 metres at **5km** pace
- 400 metres at **10km** pace
- (2x) 200 metres at **5km** pace

60-second recovery between each interval.

ENDURANCE

3-5KM

Running this distance consistently will help prepare the body and mind to go the distance on race day.

For the last two weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

SPEED

TRACK

2km Recovery Run

- (2x) 100-metre Strides
- 1000 metres at **Tempo** pace
- (2x) 100-metre Strides
- 2km Recovery Run

3 minutes recovery between each interval.
30-second recovery between Strides.

RECOVERY

We recommend recovering with a 3-5km Progression Run. Start slow and quicken your pace over the course of your run.

RECOVERY

Go for a few Recovery kilometres, do a N+TC workout or take the whole day off. Give your body whatever it craves today.

1 WEEK TO GO

THE STARTING LINE



You've made it. This week, run strong and confident. Use what you have learned and the progress you have made. You are ready to take the line. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, consider adding N+TC workouts into your routine to get fit, fast.

RECOVERY

Recovery kilometres are as important as your Speed and Endurance Runs. Try running 3-5km progressively today. Start slowly and gradually build your speed so your last kilometre is faster than your first.

RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery kilometres, doing a N+TC workout or take the day off.

SPEED

TRACK

(2x) 200 metres at **KM** pace
400 metres at **5km** pace
800 metres at **10km** pace
400 metres at **Marathon** pace
200 metres at **KM** pace

2-minute recovery between each interval.

RACE DAY

5KM

You've made it. Run strong and confidently this week. Use what you have learned and the progress you have made. You are ready to take the line.

SPEED

TRACK

3km Recovery Run

(8x) **100-metre** Strides

1.5km Recovery Run

RECOVERY

Use today's 3-5km run to recover as efficiently as possible. Build your speed gradually so your first kilometre is your slowest and your last is your fastest.

RECOVERY

Go for a few Progression kilometres, do a N+TC workout or take the whole day off. Give your body what it craves today.

SAMPLE PLAN BREAKDOWN



Below is a sample weekly breakdown of the plan. If your schedule doesn't match the training schedule, adjust the training schedule to your needs. For best results, each week should include these key workouts – Speed, Endurance and Recovery, but prioritise Speed and Endurance if you don't have time to do everything. Use this as a visual guide and get ready to tackle a 5km.

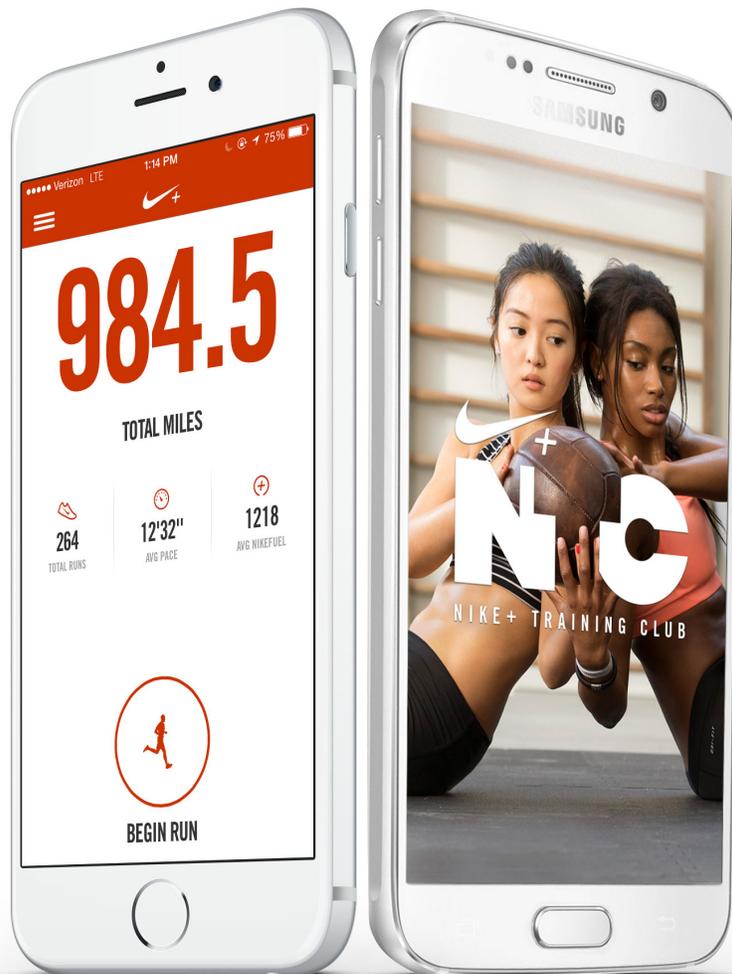
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08	1.5-5KM	TRACK	RECOVERY	TRACK	1.5-5KM	3-5KM	RECOVERY
07	1.5-5KM	TRACK	RECOVERY	FARTLEK	1.5-5KM	3-5KM	RECOVERY
06	3-5KM	TRACK	RECOVERY	INTERVALS	3-5KM	5-6.5KM	RECOVERY
05	3-5KM	TRACK	RECOVERY	TEMPO	3-5KM	6.5-8KM	RECOVERY
04	3-5KM	TRACK	RECOVERY	TEMPO	3-5KM	5-6.5KM	RECOVERY
03	3-5KM	TRACK	RECOVERY	HILLS	3-5KM	5-6.5KM	RECOVERY
02	3-5KM	TRACK	RECOVERY	TRACK	3-5KM	3-5KM	RECOVERY
01	3-5KM	TRACK	RECOVERY	TRACK	RECOVERY	3-5KM	5KM

RUN SMARTER. TRAIN BETTER.

NIKE+ RUNNING APP

COME RUN
WITH US.

Crush your training with the Nike+ Running App. Track your route, distance, pace, time and calories, and get real-time audio feedback to run better. Share photos, compare progress and get in-run cheers from friends to motivate you while you chase your goals.



N+TC APP

YOUR PERSONAL TRAINER.
DESIGNED BY NIKE.
POWERED BY FRIENDS.

Recover better and get stronger during your training with the N+TC App. Choose from over 100 workouts by Nike Master Trainers and top athletes, get motivation from your crew, connect with the NTC community and train better together. Challenge yourself to earn NikeFuel and N+TC minutes that are synced to your Nike+ profile.

You can download the N+TC App and the Nike+ Running App from the iTunes® App Store for iPhone® and iPod Touch® or from Google Play™ for Android™ phones.