



I'm not robot



I am not robot!

Finish the run with x m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form. minutes easy warm-up miles at “tempo” effort on a hilly route. minutes easy cool-down. These sessions are: One strength session per week during weeks to One power and muscular endurance session per week during weeks to The week plan starts off with a mile week and builds up to a mile week, with your long run maxing out at miles. Each time you stop, rest for a complete seconds, even if you can only do a single rep. mile long slow run. c) Mental Preparation: Consistency is key to Created Date/14/PM reps after set. On completion of the last set, rest for seconds. At the peak of training, you will cover approximately miles plus of a) Improved Endurance: A week training plan allows you to gradually build your endurance, helping you comfortably complete the mile distance. Perform reps at a faster pace. This runner will be looking to complete at a pace. Strength training and building muscle also reduces the risk of injury during training and on race day. Our training plan contains one gym-based resistance or strength training session per week. b) Injury Prevention: By following a well-designed plan, you give your body enough time to adapt and recover, reducing the risk of overuse injuries. The plan starts with a weekly total of miles, plus hours of cross training. Break 4 running specific workouts strength training workouts active recovery day full rest day.