



Improving Your 5k Pace Over Lockdown

Step 1

Run 5k as fast as you can at a park run event course e.g. Shrewsbury/Telford or the one local to you. Use your device to tell you your average pace. As a control mechanism, please also record your average heart rate. Remembering to maintain a good form throughout.

So, as an example if you did a 30min 5k then your pace is 6:00 min/km. For the below three run sessions below your target pace would be:

Run 1. 6:30min/k,

Run 2. 5:45-5:35min/k,

Run 3. 5:55min/k

Step 2

I'm going to give you 3 runs to do each week. **Never** do them on consecutive days. Always do them in order. If you run out of time to do the last one it's ok forget it and go back to the first one the following week.

Now, if you look closely at the plan below and specifically at the effort-periods, you will see that you only actually have to try hard in your running for 75min a week. It will be **hard** and it should be **hard** but the alternative is 180min of drudgery each week so just try hard and get it over and done with! Don't forget to stretch out after every run.

Run 1

- Warm up
- 2x 15min at 5k PB race pace **plus 30secs**. 10min recovery jog between them.
- Cool down

Run 2

- Warm up
- 20x 1min at race pace **less 15-25secs**. 1min easy jog recoveries.
Do at least 10, aim for 15. If you can't do the speed then stop and rest for 5min before continuing. If you can do 20 then after the 20th you should be near exhaustion, if not then you need to up the pace next time.
- Cool down

Run 3

- Warm up
- 5x 5mins at race pace, **less 5secs**. 5min easy jog recoveries. This should be hard.
- Cool down

Step 3

After a month do another 5k on the same course (having rested for at least 48 hours beforehand) and redo the pace figures. Make sure you either improved your PB or your heart rate was the same as before i.e. this control shows you really were trying second time around! This plan should get your time down.