

# Training Plan



## This plan is built on the following assumptions:

- That you as an athlete can already comfortably and safely run 5KM continuously once to twice per week i.e. you are not a total beginner
- That you are not aware of any physical issues or health conditions that may be exacerbated by following a structured running plan (if you are in any doubt, please seek advice from your GP)
- That you are currently in good health and do not have any injuries
- That you understand that RWB Coaching are not responsible for any injuries incurred whilst following this plan

This plan is designed to take you from 5K to 10k comfortably and sensibly over

an 8-week period. It is not designed to increase your speed, but to simply be able to cover the distance in a progressive way

## Rate of Perceived Effort (RPE)

- This is a ten-point scale, where the athlete can use their judgement to determine the effort they are putting into a workout, with 1 being the least amount and 10 being the most
- This plan focuses on easy running and recovery running only
- Easy running would be a 3-4 out of 10 on the effort scale and should feel comfortable and that you're holding yourself back a little. At this pace, you should still be able to hold a full conversation without getting out of breath

- Recovery running would be a 1-2 on the scale and is defined as 'very easy' and almost like you could run forever at that pace.

## Where to go to for help

- If you have any questions about your training, please email [info@rwbcoaching.com](mailto:info@rwbcoaching.com)
- You can find out more about what RWB Coaching offers by visiting [www.rwbcoaching.com](http://www.rwbcoaching.com)
- Helpful hints and tips are regularly published to the RWB Coaching Facebook page – find us under pages "RWB Coaching"

KM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5 <i>(Recovery Week)</i>	WEEK 6	WEEK 7	WEEK 8
MON	Easy Run 3 KM	Easy Run 4 KM	Easy Run 4 KM	Easy Run 5 KM	Easy Run 3 KM	Easy Run 5 KM	Easy Run 5 KM	Easy Run 5 KM
TUE	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training
WED	Easy Run 4 KM	Easy Run 4 KM	Easy Run 5 KM	Easy Run 5 KM	Easy Run 3 KM	Easy Run 6 KM	Easy Run 6 KM	Easy Run 6 KM
THU	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training	Cross Training or Strength Training
FRI	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
SAT	Easy Long 4 KM	Easy Long 5 KM	Easy Long 6 KM	Easy Long 7 KM	Easy Long 4 KM	Easy Long 8 KM	Easy Long Run 9 KM	Race Day! 10KM (easy)
SUN	Recovery 2 KM Optional	Recovery 2 KM Optional	Recovery 2 KM Optional	Recovery 2 KM Optional	Recovery 2 KM Optional	Recovery 2 KM Optional	Recovery 2 KM Optional	Recovery 2 KM Optional
TOTAL KM:	13	15	17	19	12	21	22	23