



RUN A FASTER 5KM – THE MILLION REASONS RUN TRAINING PLAN

This plan is for an active person with some experience running, but no experience doing workouts to run faster. This plan is for someone who can already comfortably run 30 minutes or 5 km, and introduces them to faster paced running. At the end of 4 weeks, you should run your “personal best” 5 km.

WEEK ONE	DAY 1	30 minute run	Let's start with 30 min or 5 km of easy running as a baseline.
	DAY 2	10' E + 5 x 2 min / 1' easy + 10' E	Today is your first “run workout”—a short warm up jog, and then 5 sets of 2 min quick with 1 min jog in between as “active recovery.” It should be continuous. Then 5 or 10 min easy jog at the end for cool down.
	DAY 3	30 minute walk or cross train	Recovery day: It's important to move a bit to get some blood flow, but take it quite easy overall.
	DAY 4	30 minute run + 6 x strides	Today, run 30 minutes easy. When you are done, do 6 strides with as much rest as you want.
	DAY 5	15' E + 5' Steady + 15 min E	Steady paced runs (or tempo runs), are important to distance training. We will start with 5 minutes, but over time (not in this plan), you can gradually increase this amount to 20 to 30 minutes. It should be a strong, but sustainable effort.
	DAY 6	30 minute run	This is a recovery / “easy” run that in the future can become a long run.
	DAY 7	OFF	A well deserved day off!
WEEK TWO	DAY 1	10' E + 10 x 1' quick/30” easy + 10' E	This is a fartlek run where you run fast for a segment, followed by easy jogging. Aim for 10 sets of 1 min quick with 30 seconds jog. Feel strong and fast on your 1 minutes—and be aware, 1 minute can last a long time if you go too fast to start, so don't do an all-out effort!
	DAY 2	35 minute run + 6 x strides (PR)	Aim for 30-35 minutes of easy running with strides again. These help you work on form and speed without it taking too much effort.
	DAY 3	30-45 min XT	Cross training is a great way to get more aerobic training without the impact on your body.
	DAY 4	15' E + 3 x 1 km quick (2' rec) + 15' E	This will be the first “distance” based workout. Ideally, we build 1 km repeats up over time to 5-6x repetitions as your goal 5 km pace, but this is an introduction to training so we will start with 1 km repeats. Measure 1 km, use your GPS, or a track (2.5 laps in lane 1), and run them quicker than you would for a 5km effort. Eventually your 1 km repeats should be your 5 km pace! Take 2 to 3 minutes of jogging after your repetition. For a 25 minute 5 km goal time, you should aim to run your kilometers in 5 minutes or faster.
	DAY 5	35 minute run + 6 x strides (PR)	Active recovery run! Don't forget those strides!
	DAY 6	30 minute XT	
	DAY 7	OFF	
WEEK THREE	DAY 1		
	DAY 2	30 minute run	You are on a roll now!
	DAY 3	15' E + 3 x 5 min steady / 1 min rec jog + 10' E	We are building up your steady running to 15 minutes total, but you take an easy 1-minute jog break after every 5th minute to break it up. Aim to keep pace consistent throughout the session.
	DAY 4	30-45 min XT	Lots of options: bike, elliptical, ski, hike, swim, yoga....
	DAY 5	35 min run + 6 x strides (PR)	Another easy run and strides
	DAY 6	45 minute run	Your long run is now 45 minutes! Congrats! It's okay to run these as slowly as you want—don't try to run fast on your long runs as time on your feet is more important than pace at this point.
	DAY 7	OFF	
WEEK FOUR	DAY 1	20 minute run	This is a “recovery” week so we will drop down your volume and intensity.
	DAY 2	10 min easy + 10 min steady + 5 x 1' quick/1 min easy + 10 min walk	Today is another steady run—try to maintain the same pace as last week and afterwards, do 5 sets of 1 minutes quicker with 1 min easy jog.
	DAY 3	30 minute walk	Move those legs! Active recovery is better than static recovery.
	DAY 4	25 min run + 6 x strides	An easy run to move your legs, and a few strides to remind them about faster running.
	DAY 5	OFF	If you think you need a day off to rest for your effort tomorrow, take it today. Otherwise do something light.
	DAY 6	30 minute run OR 5km run	Aim to run consistently fast and evenly for your 5 km run. It should feel challenging, but sustainable. Positive thinking will help you too, so use all your tools!
	DAY 7	Celebrate!	Congratulations—I hope you achieved your goal of running a faster 5km, and if you enjoyed run training, this is only an introduction of what is possible for you!



ABBREVIATIONS:

<i>minutes</i> = ‘	<i>rec</i> =	<i>recovery</i>
<i>seconds</i> = “	<i>E</i> =	<i>easy jog</i>
<i>XT</i> = <i>cross train (cycle, swim, elliptical, etc.)</i>	<i>PR</i> =	<i>post run</i>

DEFINITIONS:

Easy: Most of your running should feel relatively “easy”—that you can easily chat with a friend and you are not too winded or exhausted.

Steady: This is somewhere in between “easy” and “quick.” You can get into a good rhythm and feel strong and controlled, but running faster than you would for a usual aerobic run. Another term for it is “tempo” running. It is about a 7 out of 10 effort.

Strides: 10 to 15 second quick running segments where you focus on excellent form, including relaxed shoulders and landing feet under body. Do at 80-90% of full speed, so you can run fast but maintain control and form. Take as much rest as you need to focus on quality running.

Quick: This is your chance to practice running fast. You should feel like 8/10 effort for these segments, and breathing should change to harder, but controlled breathing. Feel good and focus on staying relaxed while running faster than your usual easy running. Another commonly used term is “interval running.”

