

MoreFun2Run Training schedule

8-weeks plan “faster 5km”

www.morefun2run.com

| PLAN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|------------------------|--|----------------|----------------|--------|--------------|---|
| week 1 | Rest or Cross training | 5 min easy jog, Interval 4x400m high speed run with 2 min rest, 5 min cooling down run | Cross Training | 5km easy run | Rest | 3km easy run | 5km run |
| week 2 | Rest or Cross training | 5 min easy jog, Interval 5x400m high speed run with 2 min rest, 5 min cooling down run | Cross Training | 1.5km fast run | Rest | 3km easy run | 6.5km run |
| week 3 | Rest or Cross training | 4km easy run | Cross Training | 2km fast run | Rest | 4km easy run | 6.5km run |
| week 4 | Rest or Cross training | 5 min easy jog, Interval 2x800m high speed run, with 2-3 min rest, 5 min cooling down run | Cross Training | 2km fast run | Rest | 4km easy run | 7km run |
| week 5 | Rest or Cross training | 5 min easy jog, Interval 6x400m high speed run with 2 min rest, 5 min cooling down run | Cross Training | 5km easy run | Rest | 5km easy run | 8km run |
| week 6 | Rest or Cross training | 6km easy run | Cross Training | 3km fast run | Rest | 5km easy run | 9.5km run |
| week 7 | Rest or Cross training | 5 min easy jog, Interval 3x800m +2x200m high speed run with 2 min rest, 5 min cooling down run | Cross Training | 1.5km fast run | Rest | 5km easy run | 8km run |
| week 8 | Rest or Cross training | 5 min easy jog, Interval 4x400m high speed run, with 2 min rest, 5 min cooling down run | Cross Training | 5km easy run | Rest | Rest | 5km at race pace! Set your new PR! |