



coached by  
**intraining**  
running and triathlon club

# COUCH 2 5K

# 10WK TRAINING GUIDE

Easy: Pace where you are able to talk easily and a breathing cycle is every three steps of one foot.

Steady: Pace that is harder to talk and a breathing cycle is every two steps of one foot.

Brisk: Pace between Steady and Fast

Fast run is close to the best pace you can do for that distance

Threshold: Run slightly faster than easy pace

Tempo and Time Trial (TT): Slightly slower than your race pace for that distance

Rec: Is the recovery between repetitions (reps) in a session

Power: Pace run faster than you have done in the lead up sessions.

Speed sessions are structured as follows:  
6 to 8 x 1km reps @5km pace with 1km steady rec inbetween each rep



| WEEK                   | MONDAY  | TUESDAY                   | WEDNESDAY   | THURSDAY                  | FRIDAY  | SATURDAY                              | SUNDAY        |
|------------------------|---|---------------------------|---|---------------------------|---|---------------------------------------|---------------|
| <b>10</b><br>BUILDUP   | 17-JUL  | 18-JUL<br>Walk 30 minutes | 19-JUL  | 20-JUL<br>Walk 30 minutes | 21-JUL  | 22-JUL<br>Walk 5km                    | 23-JUL        |
| <b>9</b><br>STRONG     | 24-JUL<br>Walk/Run 5km total with 5 easy runs of 60 seconds | 25-JUL                    | 26-JUL<br>Walk/Run 5km total with 6 easy runs of 60 seconds | 27-JUL                    | 28-JUL<br>Walk/Run 5km total with 7 easy runs of 60 seconds | 29-JUL<br>Walk 6km                    | 30-JUL        |
| <b>8</b><br>RECOVERY   | 31-JUL<br>Walk/Run 5km total with 4 easy runs of 2 minutes  | 1-AUG                     | 2-AUG<br>Walk/Run 5km total with 5 easy runs of 2 minutes   | 3-AUG                     | 4-AUG<br>Walk/Run 5km total with 6 easy runs of 2 minutes   | 5-AUG<br>Walk 7km                     | 6-AUG         |
| <b>7</b><br>STRONG     | 7-AUG<br>Walk/Run 5km total with 4 easy runs of 3 minutes   | 8-AUG                     | 9-AUG<br>Walk/Run 5km total with 5 easy runs of 3 minutes   | 10-AUG                    | 11-AUG<br>Walk/Run 5km total with 6 easy runs of 3 minutes  | 12-AUG<br>Walk 8km                    | 13-AUG        |
| <b>6</b><br>RECOVERY   | 14-AUG<br>Walk/Run 5km total with 4 easy runs of 4 minutes  | 15-AUG                    | 16-AUG<br>Walk/Run 5km total with 5 easy runs of 4 minutes  | 17-AUG                    | 18-AUG<br>Walk 5km  | 19-AUG<br>Walk 1km, Run 2km, Walk 1km | 20-AUG        |
| <b>5</b><br>STRONG     | 21-AUG<br>Walk/Run 5km total with 3 easy runs of 5 minutes  | 22-AUG                    | 23-AUG<br>Walk/Run 5km total with 4 easy runs of 5 minutes  | 24-AUG                    | 25-AUG<br>Walk/Run 5km total with 5 easy runs of 5 minutes  | 26-AUG<br>Walk 8km                    | 27-AUG        |
| <b>4</b><br>STRONG     | 28-AUG<br>Walk/Run 5km total with 3 easy runs of 6 minutes  | 29-AUG                    | 30-AUG<br>Walk/Run 5km total with 4 easy runs of 6 minutes  | 31-AUG                    | 1-SEP<br>Walk 5km   | 2-SEP<br>Walk 1km, Run 3km, Walk 1km  | 3-SEP         |
| <b>3</b><br>STRONG     | 4-SEP<br>Walk/Run 5km total with 3 easy runs of 8 minutes   | 5-SEP                     | 6-SEP<br>Walk/Run 5km total with 2 easy runs of 10 minutes  | 7-SEP                     | 8-SEP<br>Walk 5km   | 9-SEP<br>Cross Country Run 3km        | 10-SEP        |
| <b>2</b><br>SHARPENING | 11-SEP<br>Walk 1km, Run 2km, Walk 1km, Run 2km, Walk 1km    | 12-SEP                    | 13-SEP<br>3 x 1km Brisk, 3 min rec                          | 14-SEP                    | 15-SEP<br>Walk 5km  | 16-SEP<br>Walk 1km, Run 4km, Walk 1km | 17-SEP        |
| <b>1</b><br>PEAKING    | 18-SEP<br>PACED 3 x 1km @ race pace, 3 min rec              | 19-SEP                    | 20-SEP<br>Walk 1km, Run 2km, Walk 1km, Run 2km, Walk 1km    | 21-SEP                    | 22-SEP<br>Easy 3km Run                                      | 23-SEP                                | <b>RELAX!</b> |