



RUN  
CLUB

2XU

INTERMEDIATE

5km Training Program

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INTERMEDIATE

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# 5km Training Program

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## About the Program

This program has been designed for those who have been **running consistently 3 or more times per week** and looking to improve on their 5km time. It is an **intermediate program** to give you the best chance of running a **personal best 5km**.

Developed by professional distance runner & recreational running coach **Riley Cocks**.

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# About Riley

Riley is a professional Australian Distance runner, Physiotherapist & Recreational Running Coach. He is the co-founder and head coach of Adelaide based running group and online coaching service RunAsOne.

He holds personal bests of 1:02.54 for the half-marathon, 28:45 for 10,000m, and 13:50 for 5,000m. As a coach Riley draws on over a decade of running experience combined with his background in physiotherapy and 6 years of working in a running specialty store. He is eager to share his wealth of knowledge in the latest training philosophies, recovery techniques, injury prevention to help runners of all levels to reach their goals.



**LEARN MORE ABOUT**

**RILEY**

**RUN AS ONE**

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# Training Terms

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## EASY

This level of effort should largely feel easy aerobically but wont always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you cant, you are probably going too hard.

## SOLID

This level of effort is a touch harder than easy. It's more of a tempo effort. A simple test would be you should be able to chat but not at the same level as Easy/aerobic. For example you might be able to have a conversation but it would be very difficult to maintain or would be broken so you could catch your breath.

## HARD

This level of effort should be difficult and uncomfortable to sustain. You wont feel like talking and if you tried it would only be a few words as you should be breathing quite heavily.

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## KEY ABBREVIATIONS

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**W/U** Warm Up

**W/D** Warm Down

**TT** Time Trial

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# Recovery is Training

## THE IMPORTANCE OF RECOVERY

The only training you benefit from is the training you recover from.

It's true that pushing your limits makes you perform better. But the closer you get to the edge, the higher the risk of injury or illness.

That's why recovery is so important.

The better you recover, the better you can train. And ultimately, the better you will perform.

Recovery days are scheduled during the week. If this exact schedule doesn't suit your weekly schedule make sure you are scheduling rest and recovery days in between harder efforts to ensure you adapt and recover.

## PRODUCT FEATURE



SHOP RECOVERY

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# Go to Week

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MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 6x 400m Hard Run/1min Standing Recovery Between W/D: 1.5km Easy Jog
WEDS	<b>Run:</b> 20min Easy Run
THUR	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
FRI	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 3x 1km Solid Run/90sec Standing Recovery Between W/D: 1.5km Easy Jog
SAT	<b>X Train:</b> 20-30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
SUN	<b>Long Run:</b> 6km Easy Run

MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 5x 600m Hard Run/90sec Standing Recovery Between W/D: 1.5km Easy Jog
WEDS	<b>Run:</b> 20min Easy Run
THUR	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
FRI	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 5x 3min Solid Run/1min Easy Jog Recovery Between W/D: 1.5km Easy Jog
SAT	<b>X Train:</b> 30-60min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
SUN	<b>Long Run:</b> 7km Easy Run



MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 4x 800m Hard Run/90sec Standing Recovery Between W/D: 1.5km Easy Jog
WEDS	<b>Run:</b> 25min Easy Run
THUR	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
FRI	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 8x 2min Solid Run/1min Easy Jog Recovery Between W/D: 1.5km Easy Jog
SAT	<b>X Train:</b> 30-60min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
SUN	<b>Long Run:</b> 8km Easy Run

MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 8x 400m Hard Run/60sec Standing Recovery Between W/D: 1.5km Easy Jog
WEDS	<b>Run:</b> 25min Easy Run
THUR	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
FRI	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 3x 5min Solid Run/2min Easy Jog Recovery Between W/D: 1.5km Easy Jog
SAT	<b>X Train:</b> 30-60min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
SUN	<b>Long Run:</b> 10km Easy Run

MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 10x 100m Hard Run/60sec Solid Jog Recovery Between W/D: 1.5km Easy Jog
WEDS	<b>Run:</b> 25min Easy Run
THUR	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
FRI	<b>Run:</b> 30min Easy Run + 5x 200m Hard Run/60sec Standing Recovery Between
SAT	<b>X Train:</b> 30-60min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
SUN	<b>Test:</b> W/U: 2km Easy Jog Main Set: 3km Time Trial at Goal 5km Pace W/D: 1km Easy Jog

MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 5x 1km Hard Run/1min Standing Recovery Between W/D: 1.5km Easy Jog
WEDS	<b>Run:</b> 25min Easy Run
THUR	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
FRI	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 3x 7min Solid Run/3min Walk Recovery Between W/D: 1.5km Easy Jog
SAT	<b>X Train:</b> 30-60min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
SUN	<b>Long Run:</b> 10km Easy Run

MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 8x 400m Hard Run/200m Solid Jog Recovery Between W/D: 1.5km Easy Jog
WEDS	<b>Run:</b> 25min Easy Run
THUR	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
FRI	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 15min Solid Run/2min Easy Jog/5min Hard Run W/D: 1.5km Easy Jog
SAT	<b>X Train:</b> 30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
SUN	<b>Taper Long Run:</b> 7km Easy Run

MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 1.5km Easy Jog Main Set: 2km Soild Run/2min Standing Recovery + 4x 400m Hard Run/60sec Standing Recovery Between W/D: 1.5km Easy Jog
WEDS	<b>Run:</b> 20min Easy Run
THUR	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
FRI	<b>Run:</b> 20min Easy Run + 6x 100m Hard Run/Walk Back to Start for Recovery
SAT	<b>Rest Day</b>
SUN	<b>Race Day:</b> Good luck today, trust in your training and go out there and enjoy it!



BACK TO START

**2XU**