



## HURSTBOURNE 5 - IMPROVERS TRAINING PLAN

Week	WC	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	27th Jan						Parkrun	5 mile recovery run
2	3rd Feb	3 mile run	4 mile tempo run	Strength & Stretch	4 mile tempo run	Rest	30 mins cross train/stationary bike	5 mile steady run
3	10th Feb	3 mile run	4 mile tempo run	Strength & Stretch	6 x 400m at 5k pace	Rest	30 mins cross train/stationary bike	6 mile steady run
4	17th Feb	3 mile run	4.5 mile tempo run	Strength & Stretch	20 minutes of hill repeats	Rest	30 mins cross train/stationary bike	6 mile steady run
5	24th Feb	3 mile run	4.5 mile tempo run	Strength & Stretch	4 mile tempo with hills	Rest	30 mins cross train/stationary bike	6 mile steady run
6	3rd Mar	3 mile run	5 mile tempo run	Strength & Stretch	8 x 400m at 5k pace	Rest	Parkrun	6 mile steady run
7	10th Mar	3 mile run	5 mile tempo run	Strength & Stretch	5 mile progression run	Rest	40 mins cross train/stationary bike	6 mile steady run
8	17th Mar	3 mile run	5.5 mile tempo run	Strength & Stretch	30 minute hill repeats	Rest	40 mins cross train/stationary bike	4 mile steady run
9	24th Mar	3 mile run	5.5 mile tempo run	Strength & Stretch	6x600m at 5k pace	Rest	Parkrun	6 mile steady run
10	31st Mar	3 mile run	6 mile tempo run	Strength & Stretch	5 mile tempo with hills	Rest	50 mins cross train/stationary bike	6 mile steady run
11	7th Apr	3 mile run	6 mile tempo run	Strength & Stretch	30 minute hill repeats	Rest	50 mins cross train/stationary bike	4 mile steady run
12	14th Apr	3 mile run	6.5 mile tempo run	Strength & Stretch	4 x 800 at 5k pace	Rest	Parkrun	4 mile steady run
13	21st Apr	3 mile run	6.5 mile tempo run	Strength & Stretch	5 mile progression run	Rest	60 mins cross train/stationary bike	7 mile steady run
14	28th Apr	3 mile run	3 mile tempo run	Strength & Stretch	3 mile easy run	Rest or gentle walk	<b>RACE DAY</b>	Rest or easy recovery run

### Notes:

Use the first Parkrun to set a benchmark to measure your improvements against other Parkruns as you continue along the plan

Strength and Stretch: whilst it's good to stretch after each run, why not have a dedicated day where you can do a strength building routine aimed at your core followed by a stretching routine

Restdays: these are always good, but if you feel like it, throw in some cross training or a swim

Monday runs : should be at a comfortable pace, you should have a little left in the tank at the end

Tuesday runs: this is a working day push yourself a little

Thursday reps: push yourself, but be sure to add the recovery you need inbetween each effort

Thursday hill repeats: find a good hill, about 150/200m long and run and down continuously for 20/30 minutes (work the ups, recover on the downs)

Sunday runs: these should be nice and steady, this is all about getting the miles in.