



## Grant Thornton Virtual GT5K Training Plans

Duration: 10 Weeks (Starting Monday 30<sup>th</sup> June 2021)

### **Beginner (Run your first 5k):**

This schedule is aimed at the beginner who has been running for a little while and now wants to experience a fun run or race over 5km.

Before you start you need to get along to your GP for a health check and to ask if you are okay to go into the programme which has you running 5 days per week. Once you are on the programme you must listen to your body and have another check-up if anything is hurting or if you feel unwell. Having said that, it would be quite unusual not to feel at least some aching in the muscles at the start of the programme, but you need to know whether this is temporary, tired muscles or the start of an injury. You should do supplementary work to keep yourself injury free. This includes stretching, massage and strengthening exercises. Look for tips on the Athletics Ireland website.

### **Some advice before getting started:**

You should also endeavor to do much of your training off road - on grass, gravel or dirt as these surfaces are far more forgiving than tarmac and so you will have less shock going through your joints.

<b>Week 1: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
5 mins jog	3 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	3 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	5 mins jog	REST	5 mins run. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50 meters away and challenge yourself to run quickly to them.
<b>Week 2: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
6 mins jog	3 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	3 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	5 mins jog	REST	5 mins fartlek run. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50 meters away and challenge yourself to run quickly to them.

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Week 3: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
7 mins jog	4 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	4 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	6 mins jog	REST	5 mins run. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50metres away and challenge yourself to run quickly to them.
Week 4: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
7 mins jog	5 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	5 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	7 mins jog	REST	6 mins run. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50metres away and challenge yourself to run quickly to them.

Week 5: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
7 mins jog	7 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	7 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	7 mins jog	REST	10 mins fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50metres away and challenge yourself to run quickly to them.
Week 6: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
8 mins jog	8 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	8 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	8 mins jog	REST	10 mins fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50metres away and challenge yourself to run quickly to them.

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<b>Week 7: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
9 mins jog	9 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	9 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	10 mins jog	REST	10 mins fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50metres away and challenge yourself to run quickly to them.
<b>Week 8: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
10 mins jog	10 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	10 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	10 mins jog	REST	10 mins fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50metres away and challenge yourself to run quickly to them.
<b>Week 9: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
10 mins jog	10 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	10 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	15 mins jog	REST	15 mins fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50metres away and challenge yourself to run quickly to them.
<b>Week 10: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
10 mins jog	10 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	REST	10 mins jog with 3 X 20 seconds fast within the run, or 3 X 20 secs fast at the end of the run. Give yourself at least 2 mins jog between each 20 second effort.	20 mins jog	REST	15 mins fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50metres away and challenge yourself to run quickly to them.



### Intermediate Training Plan: Break 24 Minutes

This training plan is for the 5k runner aiming to break 24 minutes. The focus is on building speed endurance. You will need a moderate level of base level fitness for this training plan.

#### Advice before starting:

Any session that includes fast running should also include a 10-minute warm up with dynamic stretching and a 10 minute cool down with static stretching.

The sessions don't have to be done on the days suggested - they should fit in and around the rest of your life but try to keep to the formula of having an easy day or a day of rest after the faster sessions. Recovery is a very important part of training. Likewise, if you are feeling tired on a day where a fast session is scheduled, save it for another day and have a day off or an easy run. It is important to listen to your body. It will tell you when you need recovery. An elevated resting heart rate is also an indication that you need to rest as there is a possibility that you are fighting off a bug or virus. Don't run if you are ill or run down. You shouldn't try to make up for lost time either. If you have to miss sessions it is probably best to get back onto the schedule where you left off and change your target time.

Week 1: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
15 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	15 mins fartlek with several 30 sec bursts	R	8 X 30 secs F	20 mins
Week 2: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
20 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	15 mins fartlek with several 30 sec bursts	R	8 X 30 secs F	20 mins
Week 3: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
20 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	20 mins fartlek with several 30 sec bursts	R	8 X 30 secs F	25 mins
Week 4: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
20 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	25 mins fartlek with several 30 sec bursts	R	8 X 60 secs F	25 mins

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<b>Week 5: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
25 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	30 mins fartlek with several 30 sec bursts	R	8 X 30 secs F	30 mins
<b>Week 6: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
25 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	35 mins fartlek with several 30 sec bursts	R	8 X 30 secs F	30 mins
<b>Week 7: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
30 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	40 mins fartlek with several 30 sec bursts	R	8 X 30 secs F	30 mins
<b>Week 8: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
35 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	40 mins fartlek with several 30 sec bursts	R	8 X 60 secs F	35 mins

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<b>Week 9: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
40 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	40 mins fartlek with several 30 sec bursts	R	8 X 60 secs F	40
<b>Week 10: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
40 mins E with 4 X 20 seconds fast within the run or at the end of the run. Allow at least 2 mins easy running between each effort.	4 X 4 mins F	R	45 mins fartlek with several 30 sec bursts	R	8 X 60 secs F	40

R = Rest

E = Easy pace

T = Threshold pace (approx. half marathon race pace)

F = Faster than race pace. Recoveries in repetitions should be for the same amount of time as the previous effort.



### Advanced Training Plan (Break 18 minutes)

This training plan is for the 5k runner aiming to break 18 minutes. The focus is on speed endurance. This training plan requires a significant base level fitness.

Any session that includes fast running should also include a 10-minute warm up with dynamic stretching and a 10-minute cool down with static stretching.

The sessions don't have to be done on the days suggested - they should fit in and around the rest of your life but try to keep to the formula of having an easy day or a day of rest after the faster sessions. Recovery is a very important part of training. Likewise, if you are feeling tired on a day where a fast session is scheduled, save it for another day and have a day off or an easy run. It is important to listen to your body. It will tell you when you need recovery. An elevated resting heart rate is also an indication that you need to rest as there is a possibility that you are fighting off a bug or virus. Don't run if you are ill or run down. You shouldn't try to make up for lost time either. If you have to miss sessions it is probably best to get back onto the schedule where you left off and change your target race.

Week 1: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
20 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	20 mins E	3 X 5 mins F	R	4 X 600m F + 4 X 400m Faster	20 mins E
Week 2: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
20 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	20 mins E	3 X 5 mins F	R	4 X 600m F + 4 X 400m Faster	25 mins E
Week 3: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
25 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	25 mins E	3 X 5 mins F	R	4 X 800m F + 4 X 400m Faster	25 mins E
Week 4: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
30 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	20 mins E	3 X 5 mins F	R	4 X 800m F + 4 X 400m Faster	30 mins E

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<b>Week 5: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
30 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	30 mins E	3 X 5 mins F	R	4 X 600m F + 4 X 400m Faster	40 mins E
<b>Week 6: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
35 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	40 mins E	3 X 5 mins F	R	4 X 600m F + 4 X 400m Faster	50 mins E
<b>Week 7: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
40 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	40 mins E	3 X 5 mins F	R	4 X 800m F + 4 X 400m Faster	55 mins E
<b>Week 8: Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
45 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	40 - 45 mins E	3 X 5 mins F	R	4 X 800m F + 4 X 400m Faster	60 mins E



Week 9: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
45 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	40 - 45 mins E	3 X 5 mins F	R	4 X 800m F + 4 X 400m Faster	60 mins E
Week 10: Mon	Tues	Weds	Thurs	Fri	Sat	Sun
40 - 45 mins E with 4 X 20 secs F within the run or at the end. There should be at least 2 mins of easy running between each 20 sec effort.	2 X (8 X 200m) F with 5 mins recovery between sets	40 - 45 mins E	3 X 5 mins F	R	4 X 800m F + 4 X 400m Faster	60 mins E

R = Rest

E = Easy pace

F = Faster than race pace. Recoveries in repetitions should be for the same amount of time as the previous effort.

## GRANT THORNTON VIRTUAL GT5K

The #GT5K is going virtual for 2021. Register today and start training to set your time on September 8<sup>th</sup>.

For more advice and event information please visit:

<https://www.facebook.com/grantthorntoncorporateteamchallenge/>

This year's #GT5K supports @alzheimersocirl #DoltForDementia campaign. Find out how you can take part.

<https://www.grantthornton.ie/gt5k/>

