

Week 5

Crossing the finish line!



Ready, Set, Go!

This is it, your final week, or is it just the beginning? Lets hope so!

By this point you should be feeling fitter, stronger and more confident, all of these will all help you complete your 5k. We know It's easy to stop training when you have completed your first 5k as your target has been achieved, but it really is just the beginning.

From here lets start by trying to complete your 5k without stopping/walking if you have been doing so, and remember to record your time(s), this will be a useful training tool for future runs including trying to beat your personal best (PB).

Your next challenge could be an organised event (we normally hold several of these at Wellington every year), your local Park Run or even join a running club. There are many options available to you, just check online or ask a member of the gym team.

Now finally some simple Do's and Don'ts before your 5k..

Do

- **Make sure your running gear is weather appropriate for your run**
- **Get a good nights sleep**
- **Remember everything you have done up to this point, how far you have come, how much fitter and stronger you are now**
- **Eat breakfast**
- **Warm up**
- **And, the most important part - Have fun, enjoy it!**

Don't

- **Don't start off too fast**
- **Don't carb load for a 5k. Many runners carb load the day before a race/run, you really only need to do this for distances runs/races that are half marathon distance or greater. Just eat what you would normally eat but try and avoid greasy or fatty foods.**
- **Don't worry about your time too much, focus on enjoying it**

That's it, your running future is about to start.....

Workouts

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Day 1 - Speed interval

Warm up: 5 minute brisk walk

Main session: 2 minute run

1 minute walk x5

Cool down: 5 minute walk

Day 2 - Rest

Day 3 - Aerobic interval

Warm up: 5 minute brisk walk

Main session: 7 minute run 2
minute walk x4

Cool down: 5 minute walk

Day 4 - Bodyweight circuit

45 seconds on 15 seconds off x4

- 1) Squats
- 2) Press ups
- 3) Lunges
- 4) Glute bridges
- 5) Back extension
- 6) Plank

Day 5 - Rest

Day 6 - Long run

Warm up: 5 minute brisk walk

Main Session: 5km run

Cool Down: 5 minute walk

Day 7 - Rest

Tip

Make sure you always have a goal to aim for. It could be an event, a distance, a speed target, anything!