



TRAINING

Advised by Maxime Chaya and Christophe Jacob

4-week Training Program to run 5K, at altitude, in 30-33 minutes.

Three trainings per week, for four weeks.

The three types of training each week: One **long**, one **uphill**, and one at **race pace**. Please try not to over-train. Your body needs time to adapt. Remember: often, it is easy to train hard, but it is hard to train easy...

A- LONG training (Sat. or Sun.)

Run non-stop at your chosen pace.

Week 1	30 minutes
Week 2	35 minutes
Week 3	40 minutes
Week 4	45 minutes

With each passing week, your average speed should be improving, along with your total run time.

B- HILL training: (Tues. or Wed.)

Run uphill at a sustained pace and then walk / rest on the way down to start again.

Week 1	1 minute up, 2 minutes down. Repeat 10 to 12 times.
Week 2	1 minute up, 1 minute 30 seconds down. Repeat 8 to 10 times.
Week 3	1 minute up, 1 minute down. Repeat 6 to 8 times. 1 minute up, 1 minute down. Repeat 6 to 8 times.
Week 4	1 minute up, 1 minute down. Repeat 8 to 10 times

C- RACE PACE Training: (Thu. or Fri.)

Run at a constant speed of 10 kph on a flat surface (preferably at altitude; Faqra is more than 1,500m a.s.l.)

Week 1 5 minutes - repeat 4 times with 3 minutes of rest in-between
Week 2 6 minutes - repeat 4 times with 3 minutes of rest in-between
Week 3 7 minutes - repeat 4 times with 3 minutes of rest in-between
Week 4 8 minutes - repeat 4 times with 3 minutes of rest in-between

Here too, if the training has been done properly, you will feel more at ease running longer distances by week three.

No hard training 3 days before Myschoolpulse 5k Race ...

Good luck!