



4 week training program to run 5K, at altitude, in 33 - 30 minutes.

Please try not to over-train. Your body needs time to adapt!

**3** TRAININGS PER WEEK, (4 WEEKS)

## LONG TRAINING

*Run non-stop at your chosen pace*

Saturday or Sunday

- 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

## UPHILL TRAINING

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

Tuesday or Wednesday

- Week 1            1 minute up, 2 minutes down  
**x 10 to 12 times**
- Week 2            1 minute up, 1 minut 30 seconds down  
**x 8 to 10 times**
- Week 3            1 minute up, 1 minute down  
**x 6 to 8 times**
- Week 4            1 minute up, 1 minute down  
**x 8 to 10 times**

## RACE PACE TRAINING

*Run at a constant speed of 10 kph on a flat surface (preferably at altitude)*

Thursday or Friday

- Week 1            5 minutes  
**x 4 times with 3 minutes of rest in-between**
- Week 2            6 minutes  
**x 4 times with 3 minutes of rest in-between**
- Week 3            7 minutes  
**x 4 times with 3 minutes of rest in-between**
- Week 4            8 minutes  
**x 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 the race.**  
**GOOD LUCK!**

Reach out for more details