



[Runlab](#) has developed this training program specifically for the Sydney Harbour 10k.

This guide gives a training programme for people wishing to run 5km for an organised race or just as a challenge for themselves. It is suitable for you if you are new to running and want to run 5km.

This program focuses on;

- Improving aerobic fitness and overall body strength
- Getting you into a good running routine
- Training a maximum of 3 days a week over 10 weeks.

You may find there are some terms you do not understand. At the end of this plan, you will find some [key definitions](#) to help you get the most of your training.

Do you want further structure, support and experience with your training? Take advantage of your [RUNLAB](#) special offer and join one of their many weekly run groups to help you through that more challenging session in your training week.

#### 4 MAY - 10 WEEKS TO GOAL

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
<b>1</b>	<b>MONDAY</b>	Rest				Rest Day
	<b>TUESDAY AM</b>	Run/Walk/ Run	2k approx. in total	Comfortable	N/A	Run 1 minute/walk 2 min 6 times. <b>RPE 2-3</b>
	<b>WEDNESDAY AM</b>	Rest				
	<b>THURSDAY AM</b>	General Aerobic	2k approx. in total	Comfortable /Moderate	133.2-151.2	Run 2km steady trying to do without stopping - Make a note of your time. Walk warmup and warm down. <b>RPE 3-4</b>
	<b>FRIDAY AM</b>	Rest				
	<b>SATURDAY AM</b>	Run/Walk/ Run	2.5k approx. in total	Comfortable		Run 1 minute/walk 2 min -10 times. <b>RPE 2-3</b>
	<b>SUNDAY AM</b>	Rest				

11 MAY

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
2	MONDAY AM	Rest				
	TUESDAY AM	Run/Walk/ Run	2.5K approx.	Comfortable		Run 2 minutes/walk 2-4 min, times 6 times. <b>RPE 2-3</b>
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	2k approx.	Comfortable /Moderate	133.2-151.2	Run 2km steady trying to do without stopping - Make a note of your time. Walk warmup and warm down. <b>RPE 3-4</b>
	FRIDAY AM	Rest				
	SATURDAY AM	Run/Walk/ Run	2.5k approx. in total	Comfortable		Run 1 minute/walk 2 min -10 times. <b>RPE 2-3</b>
	SUNDAY AM	Rest				

18 MAY

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
3	MONDAY AM	Rest				
	TUESDAY AM	Run/Walk/ Run	3k approx. in total	Comfortable		Run 3min/walk 3 minutes/Run 3min times 4 times. <b>RPE 2-3</b>
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	3.5k approx. in total	Comfortable /Moderate	133.2-151.2	Run 2km steady trying to do without stopping - Make a note of your time. Walk warmup and warm down. <b>RPE 3-4</b>
	FRIDAY AM	Rest				
	SATURDAY AM	Run/Walk/ Run	3.5k approx. in total	Comfortable		Run 2km/walk 4 minutes/Run 1km. <b>RPE 2-3</b>
	SUNDAY AM	Rest				

25 MAY

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
4	MONDAY AM	Rest				
	TUESDAY AM	General Aerobic	3k approx. in total	Comfortable	133.2-151.2	Run 5min/walk 3 minutes/Run 5min times 3 times <b>RPE 2-3</b>
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	3.5k approx. in total	Comfortable /Moderate	133.2-151.2	Run 2.5-3km steady trying to do without stopping - Make a note of your time. Walk warmup and warm down. <b>RPE 4-5</b>
	FRIDAY AM	Rest				
	SATURDAY AM	Run/Walk/Run	3.5k approx. in total	Comfortable		Run 2km/walk 4 minutes/Run 1km. <b>RPE 2-3</b>
	SUNDAY AM	Rest				

1 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
5	MONDAY	Rest				Rest Day
	TUESDAY AM	Run/Walk/Run	3k approx. in total	Comfortable	N/A	Run 5min/walk 3 minutes/Run 5min times 3 times <b>RPE 2-3</b>
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	3.5k approx. in total	Comfortable /Moderate	133.2-151.2	Run 2.5-3km steady trying to do without stopping - Make a note of your time. Walk warmup and warm down. <b>RPE 4-5</b>
	FRIDAY AM	Rest				
	SATURDAY AM	Run/Walk/Run	3.5k approx. in total	Comfortable		Run 2km/walk 4 minutes/Run 1km. <b>RPE 2-3</b>
	SUNDAY AM	Rest				

8 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
6	MONDAY AM	Rest				
	TUESDAY AM	Run/Walk/ Run	3k approx. in total	Comfortable		Run 5min/walk 3 minutes/Run 5min times 3 times <b>RPE 2-3</b>
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	4k approx.	Moderate/C hallenging	133.2-151.2	Run 3km steady trying to do without stopping - Make a note of your time. Walk warmup and warm down. <b>RPE 5-6</b>
	FRIDAY AM	Rest				
	SATURDAY AM	Run/Walk/ Run	3.5k approx. in total	Comfortable		Run 2km/walk 4 minutes/Run 1km. <b>RPE 2-3</b>
	SUNDAY AM	Rest				

15 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
7	MONDAY AM	Rest				
	TUESDAY AM	Run/Walk/ Run	3.5k approx. in total	Comfortable /Moderate		Run 5min/walk 2 minutes/Run 6min times 3 times <b>RPE 3-4</b>
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	4k approx. in total	Moderate/C hallenging	133.2-151.2	Run 3km steady trying to do without stopping - Make a note of your time. Walk warmup and warm down. <b>RPE 5-6</b>
	FRIDAY AM	Rest				
	SATURDAY AM	Run/Walk/ Run	3.5k approx. in total	Comfortable /Moderate		Run 2km/walk 3 minutes/Run 1km. <b>RPE 2-3</b>
	SUNDAY AM	Rest				

22 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
8	MONDAY AM	Rest				
	TUESDAY AM	General Aerobic	3.5k approx. in total	Comfortable /Moderate	133.2-151.2	Run 5min/walk 1.5 minutes/Run 6min times 3 times <b>RPE 3-4</b>
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	4k approx. in total	Moderate/C hallenging	133.2-151.2	Run 3km steady trying to do without stopping - Make a note of your time. Walk warmup and warm down. <b>RPE 5-6</b>
	FRIDAY AM	Rest				
	SATURDAY AM	Run/Walk/Run	3.5k approx. in total	Comfortable /Moderate		Run 2km/walk 3 minutes/Run 1km. <b>RPE 2-3</b>
	SUNDAY AM	Rest				

29 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
9	MONDAY	Rest				Rest Day
	TUESDAY AM	Run/Walk/Run	3k approx. in total	Comfortable	N/A	Run 5min/walk 3 minutes/Run 5min times 3 times <b>RPE 2-3</b>
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	4k approx. in total	Moderate/C hallenging	133.2-151.2	Run 3.5km steady trying to do without stopping - Make a note of your time. Walk warmup and warm down. <b>RPE 5-6</b>
	FRIDAY AM	Rest				
	SATURDAY AM	Run/Walk/Run	3.5k approx. in total	Comfortable		Run 2km/walk 2 minutes/Run 1km. <b>RPE 2-3</b>
	SUNDAY AM	Rest				

6 JULY

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
10	MONDAY AM	Rest				
	TUESDAY AM	Run/Walk/ Run	3k approx. in total	Comfortable		Run 5min/walk 3 minutes/Run 5min times 3 times <b>RPE 2-3</b>
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	2k approx.	Comfortable	133.2-151.2	Run 2km steady trying to do without stopping - Walk warmup and warm down. <b>RPE 5-6</b>
	FRIDAY AM	Rest				
	SATURDAY AM	Rest				
	SUNDAY AM	VO2 Max (5k Pace)		Challenging/ Difficult	167.4-171	RACE Day! RPE 8- 9

## Definitions

If you are new to running and this type of training there may be a few terms that you are not sure of the meaning. The key definitions are below.

**General aerobic:** Is a standard moderate effort run, but faster than recovery with the aim to enhance overall aerobic conditioning

**Recovery Run:** Are relatively short runs to enhance recovery for next session. Not a jog but stay below 76% of MHR and feel like your storing rather than leaking energy

**VO2 Max:** Are short repetitions of between 600-1600m at 5k pace. This provides stimulus to increase speed and Lactate Threshold.

### Long /Medium Run

Long run, the aim is to improve your endurance. Do at the correct intensity. Long runs are also done at a moderate aerobic intensity; they are just longer and eventually 60 minutes. If you had a goal of a marathon pace, the long run would be 10-20% slower than this.

<p>The <b>RPE scale</b> is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.</p>	<b>Running activity</b>	<b>Talk test</b>	<b>% of Max Heart Rate</b>
<b>0 – Nothing at all</b>	Comfortable. Very easy run/jog and walking.	very easy. You can easily carry a conversation	40-45%
<b>0.5 – Just noticeable</b>			46-50%
<b>1 – Very light</b>			
<b>2 – Light</b>			
<b>3 – Moderate</b>	General aerobic/recovery run	Very easy. You can converse with almost no effort	51-55%
<b>4 – Somewhat heavy</b>		Moderately easy. You can converse with a little more effort	56-60%
<b>5 – Heavy</b>	Long/Medium Long run	Starting to get challenging. Conversation required effort	61-67%
<b>6</b>		Difficult. Conversation requires a lot of effort	68-75%
<b>7 – Very heavy</b>			76-80%
<b>8</b>	Tempo run/Lactate Threshold	Very Difficult. Conversation requires maximum effort	81-85%
<b>9</b>		V02 Max/Race pace	86-92%
<b>10 – Very, very heavy</b>	Race pace/Race pace to win	Full out effort. No conversation possible	93-100%