

Get ready to run for South Africa

Advanced 3km road running training programme

If you've run a few 3km races, here's your opportunity to improve your personal best race time - just in time for the Vitality Running World Cup. This advanced training programme can help you achieve your goal, as long as you currently run at least 15 to 20km a week.

Remember to always consult your healthcare professional before starting any exercise programme.

Start and end with a 5-10 minute brisk walk or jog to warm up and cool down, before and after every training session. After cooling down, take time to do some stretching.

TRAINING GUIDELINES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	5km fast running.	Strength training and cross training for 30 min.	4 x 400m (10 sec faster than your 5km race pace) with 400m recovery jogs between intervals.	Rest.	10 min easy running. Followed by 2 x 4 min runs at tempo with 2 min recovery jogs between intervals. Then, a 10 min run at moderate pace.	8km moderate pace running with hills.	Light strength training.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 2	5km fast running.	Strength training and cross training for 30 min.	8 x 200m (15 to 20 sec faster than your 5km race pace) with 400m recovery jogs between intervals.	Rest.	10 min easy running. Followed by 2 x 4 min runs at tempo with 2 min recovery jogs between intervals. Then, a 10 min run at moderate pace.	8km run at moderate pace.	Light strength training.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 3	5km fast running.	Strength training and cross training for 30 min.	5 x 400m (10 sec faster than your 5km race pace) with 400m recovery jogs between intervals.	Rest.	10 min easy running. Followed by 3 x 3 min runs at tempo with 2 min recovery jogs between intervals. Then, a 10 min jog at moderate pace.	10km run at moderate pace with hills.	Light strength training.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 4	5km fast running.	Strength training and cross training for 30 min.	9 x 200m (15 to 20 sec faster than your 5km race pace) with 400m recovery jogs between intervals.	Rest.	40 min easy running.	5km run.	Light strength training.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 5	5km fast running.	Strength training and cross training for 30 min.	6 x 400m (10 sec faster than your 5km race pace) with 400m recovery jogs between intervals.	Rest.	10 min easy running. Followed by 3 x 3 min runs at tempo with 2 min recovery jogs between intervals. Then, a 10 min jog at moderate pace.	8km jog at moderate pace with hills.	Light strength training.

- **Easy run**
Comfortable pace, where a conversation with your training partner is easy.
- **Moderate run**
You might be left slightly breathless.
- **Moderate run with hills**
A moderate-paced run that includes about 3 to 4 hills of 300m each.
- **Fast run**
Make a concerted effort to maintain a fast pace.
- **Repeats, tempo, hills, strides**
Speed-work sessions.
- **Strength training**
Type of exercise that uses resistance training to induce muscular contraction which builds the strength of skeletal muscles. It's not essential for you to finish the 5km distance, but it has tremendous benefits for your health and fitness level.
- **Cross training**
Choose to combine exercises of other disciplines to supplement your running and build strength and flexibility in your muscles. It's not essential, but makes your training programme more balanced.
- **Rest**
A rest day does not include any exercise. This is a vital part of any training programme because it's when your muscles increase in strength.

Join the **Vitality Running World Cup** for free today.
Can we count you in?