PFM COACHING
PERPETUAL FORWARD MOTION

Pendine Sands Intermediate 5k (8 weeks)

Unlock Your Speed on the Sands: The Official Pendine 5K Training Plan Ready to chase your own land speed record? Running the Pendine Sands 5K is unlike any other race experience. You aren't just running on a beach, you are racing on the "finest natural speedway imaginable", a surface so firm and flat it has hosted legendary land speed record attempts for a century. But don't be fooled by the flat profile. Pendine Sands presents it's own distinct challenge. The relentless, level terrain offers zero downtime for your muscles, and the firm, compacted sand demands a specific kind of biomechanical efficiency that standard road running plans simply don't address. Why You Need This Plan: Most generic 5K plans assume you are running on pavement with varying elevation. This 8-Week Intermediate Plan has been designed specifically for the Pendine "Speedway." It applies proven principles to ensure you don't just finish, but thrive. This Plan Will Help You: Conquer the "Speedway": Learn how to maintain a high turnover on firm sand without burning out your legs. Armor Your Hips: Specific strengthening protocols designed to counter the subtle "camber" (slope) of the beach, protecting you from common IT band and hip fatigue. Master the Elements: Strategies to handle the exposed coastal winds and deceptive distances of the vast, open beach. Peak at the Right Time: A scientifically structured taper ensures your legs are fresh and snappy for race day. Whether you are looking to set a new Personal Best or simply want to experience this historic venue strong and injury-free, this plan is your roadmap.

PENDINE SANDS 5K TRAINING PLAN GUIDE

Running the Pendine Sands 5K is a unique test of speed. You are racing on the same historic sands where land speed records were broken.

However, do not underestimate the distance. The 5K is a hard event, if you want a fast time you will be pushing your physiological limits from the start gun to the finish line. Because the sand demands high turnover (cadence) and hip stability, this guide defines the tools you will use over the next 8 weeks to master the beach.

1. The RPE Scale (Rate of Perceived Exertion)

We use RPE to prescribe intensity. On the beach, wind and surface conditions change daily. Training by effort rather than GPS pace ensures you get the right stimulus every time.

Zone	RPE (1-10)	The "Talk Test"	Primary Use
Recovery	1-4	Full conversation, laughing.	Warm-ups, Cool-downs, Recovery Runs.
Endurance	5	Full sentences.	Easy / Aerobic Runs.
Steady State	6	Short sentences.	Long Runs / Moderate effort.

Zone	RPE (1-10)	The "Talk Test"	Primary Use
Tempo	7-8	A few words at a time.	Lactate Threshold training.
VO2 Max	9-10	Grunts or single words.	TARGET 5K RACE PACE.

Your Race Day Strategy

The 5K is a high-intensity event. You should be targeting RPE 8-9. It should feel "controlled but hard" for the first mile, and "very hard" for the last two. If you aren't hurting slightly by the halfway point, you can go faster.

2. Workout Glossary

- Strides: 20-30 second bursts of fast running (not sprinting) with perfect form. Focus on quick feet to simulate beach cadence. Walk until recovered between each rep.
- Intervals: High-intensity repetitions (RPE 9-10) aimed at boosting your top speed and oxygen capacity.
- Tempo: Sustained hard effort (RPE 7-8). This teaches your body to clear lactate while running fast.

3. Warm-Up Protocols

For Easy Runs:

- Start very slow (RPE 3) for the first 10 minutes. Let your body warm up naturally.

For Speed/Interval Days:

1. Jog: 10-15 minutes easy.
2. Dynamic Drills: High Knees, Butt Kicks, Walking Lunges (20m each).
3. Priming: 4 x Strides (Required to wake up fast-twitch fibers).

4. The "Pendine" Strength Routine

Perform 2x/week to armor your hips against the camber and shifting surface of the beach.

- Clamshells: 15 reps per side.

- Side Leg Raises: 15 reps per side.
- Single-Leg Balance: 45 seconds per leg (eyes closed for extra difficulty).

5. Tactical Advantage

- Don't sprint the first 200m. The beach is wide and inviting, but starting too fast will burn your energy.
- If there is a headwind, tuck behind another runner (drafting). It reduces your energy cost by ~15%.
- If the course allows, seek the damp, firm sand just above the water line.

Week 1 (3:15)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 30 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:32m

Wednesday

Running
Speed Intervals
The workout is designed to improve your speed and endurance with structured intervals. Begin with a warm-up to prepare your muscles, followed by dynamic drills to activate key muscle groups. The main set consists of repeated fast-paced efforts with recovery periods in between. Finish with a cool-down to aid recovery.

1. Warm Up: Easy jog for 10 minutes at a conversational pace (RPE 3-5, Green).
2. Drills:
   - Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
   - High Knees: 20 seconds. Activates hip flexors.
   - Butt Kicks: 20 seconds. Wakes up hamstrings.
   - Walking Lunges: 10 reps per leg. Engages glutes and stabilizers.
3. Repeat 6 times:
   - Efforts: Run at a fast pace for 1 minute 30 seconds (RPE 9, Red).
   - Recovery: Gentle jog or walk for 1 minute 30 seconds (RPE 1-3, Green).
4. Cool Down: Gentle jog for 10 minutes (RPE 1-5, Green).

00h:43m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Race Sim
This workout is designed to simulate race conditions and includes a warm-up, a tempo run on a flat firm surface, and a cool-down walk.

1. Warm up: Begin with an easy run for 10 minutes at a conversational pace (RPE 3-5).
2. Tempo on flat firm surface: Choose a surface that closely resembles race conditions such as firm flat sand, level trail/grass, or gravelly road. Run at a hard effort (RPE 7) for 20 minutes.
3. Cool down: Finish with a 5-minute walk to cool down at an easy pace (RPE 1-3).

00h:35m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 45 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

00h:45m

Week 2 (3:31)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 30 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:32m

Wednesday

Running
Speed Intervals
The workout is designed to improve your speed and endurance with structured intervals. Begin with a warm-up to prepare your muscles, followed by dynamic drills to activate key muscle groups. The main set consists of repeated fast-paced efforts with recovery periods in between. Finish with a cool-down to aid recovery.

1. Warm Up: Easy jog for 10 minutes at a conversational pace (RPE 3-5, Green).
2. Drills:
   - Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
   - High Knees: 20 seconds. Activates hip flexors.
   - Butt Kicks: 20 seconds. Wakes up hamstrings.
   - Walking Lunges: 10 reps per leg. Engages glutes and stabilizers.
3. Repeat 8 times:
   - Efforts: Run at a fast pace for 1 minute 30 seconds (RPE 9, Red).
   - Recovery: Gentle jog or walk for 1 minute 30 seconds (RPE 1-3, Green).
4. Cool Down: Gentle jog for 10 minutes (RPE 1-5, Green).

00h:49m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Race Sim
This workout is designed to simulate race conditions and includes a warm-up, a tempo run on a flat firm surface, and a cool-down walk.

1. Warm up: Begin with an easy run for 10 minutes at a conversational pace (RPE 3-5).
2. Tempo on flat firm surface: Choose a surface that closely resembles race conditions such as firm flat sand, level trail/grass, or gravelly road. Run at a hard effort (RPE 7) for 25 minutes.
3. Cool down: Finish with a 5-minute walk to cool down at an easy pace (RPE 1-3).

00h:40m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 50 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

00h:50m

Week 3 (3:49)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 35 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:37m

Wednesday

Running
Speed Intervals
This workout focuses on speed intervals to improve your running performance. The workout consists of a warm-up, stride intervals, speed intervals, and a cooldown.

1. Warm-up: Start with a warm-up of 15 minutes at an easy, conversational pace (Green effort).

2. Stride Intervals: Repeat 4 times:
   - Stride Work Phase: Perform a stride for 30 seconds. A stride is a controlled, 20–30 second burst of fast running that follows a "bell curve" intensity. You should smoothly build speed for roughly 5–10 seconds, hold a peak pace of 85–95% effort for 10–15 seconds, and then gradually coast to a stop over the final few seconds. The goal is to run fast and "tall" while remaining completely relaxed, avoiding any straining or gasping for air (Red effort).
   - Strides Recovery Phase: Walk or very gentle jog recovery back to start (Green effort).

3. Speed Intervals: Repeat 4 times:
   - Effort: Run at a fast pace (RPE 8-9) for 3 minutes (Red effort).
   - Recovery: Recover at a very easy jog for 2 minutes (Green effort).

4. Cooldown: Finish with a cooldown of 10 minutes at a very easy jog (Green effort).

00h:47m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 35 minutes at an RPE of 3-5 (conversational pace).

00h:35m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Race Sim
This workout is designed to simulate race conditions and includes a warm-up, a tempo run on a flat firm surface, and a cool-down walk.

1. Warm up: Begin with an easy run for 10 minutes at a conversational pace (RPE 3-5).
2. Tempo on flat firm surface: Choose a surface that closely resembles race conditions such as firm flat sand, level trail/grass, or gravelly road. Run at a hard effort (RPE 7) for 30 minutes.
3. Cool down: Finish with a 5-minute walk to cool down at an easy pace (RPE 1-3).

00h:45m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 55 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

00h:55m

Week 4 (2:24)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy
This workout is designed to provide an easy run with a focus on endurance. It is a conversational effort (Green zone).

1. Run for 30 minutes at an RPE of 3 to 5.

00h:30m

Wednesday

Running
Speed Intervals
This workout focuses on speed intervals to improve your running performance. The workout consists of a warm-up, stride intervals, speed intervals, and a cooldown.

1. Warm-up: Start with a warm-up of 15 minutes at an easy, conversational pace (Green effort).

2. Stride Intervals: Repeat 4 times:
   - Stride Work Phase: Perform a stride for 30 seconds. A stride is a controlled, 20–30 second burst of fast running that follows a "bell curve" intensity. You should smoothly build speed for roughly 5–10 seconds, hold a peak pace of 85–95% effort for 10–15 seconds, and then gradually coast to a stop over the final few seconds. The goal is to run fast and "tall" while remaining completely relaxed, avoiding any straining or gasping for air (Red effort).
   - Strides Recovery Phase: Walk or very gentle jog recovery back to start (Green effort).

3. Speed Intervals: Repeat 5 times:
   - Effort: Run at a fast pace (RPE8-9) for 3 minutes (Red effort).
   - Recovery: Recover at a very easy jog for 2 minutes (Green effort).

4. Cooldown: Finish with a cooldown of 10 minutes at a very easy jog (Green effort).

00h:52m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Sunday

Running
Time Trial
This workout consists of a warm-up, strides, a 5k time trial, and a cool down. The warm-up is designed to ease you into the session. The strides segment involves repeated intervals of controlled bursts of fast running followed by recovery periods. The 5k time trial should be run at race effort on flat terrain. Finally, the cool down helps to bring your body back to a resting state.

1. Warm Up: Easy warm up for 15 minutes at a conversational pace (Green zone, RPE 3-5).
2. Strides: Repeat the following 4 times:
   - Stride Work Phase: A controlled 20-30 second burst of fast running, building speed for 5-10 seconds, holding peak pace for 10-15 seconds, and gradually coasting to a stop (Red zone, RPE 8-9).
   - Strides Recovery Phase: Walk or very gentle jog recovery back to start (Green zone, RPE 1-3).
3. Race Effort: 5k Time Trial - Run this as a race effort on flat road (Red zone, RPE 8-10).
4. Cool Down: Walking recovery to cool down for 5 minutes at an easy pace (Green zone, RPE 1-3).

00h:22m ~ 3.1 miles

Week 5 (3:42)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Wednesday

Running
Speed Intervals
Begin with a warm-up of 15 minutes at a conversational pace (Green effort). This will help prepare your body for the workout ahead.

1. Warm-up: 15 minutes at RPE 3-5 (Green effort).

Next, perform 4 sets of strides. Strides are controlled, 20–30 second bursts of fast running. Start by smoothly building speed for roughly 5-10 seconds, then hold a peak pace of 85-95% effort for 10-15 seconds, and gradually coast to a stop over the final few seconds. Focus on running fast and tall while remaining relaxed.

2. Repeat 4 times:
  - Stride Work Phase: 30 seconds at RPE 8-9 (Red effort).
  - Strides Recovery Phase: Walk or very gentle jog recovery back to start at RPE 1-3 (Green effort).

After the strides, proceed with 5 sets of 5 minutes at your goal 5k pace, followed by 2 minutes of very easy jogging for recovery.

3. Repeat 5 times:
  - Effort: 4 minutes at RPE 9 (Red effort).
  - Recovery: 2 minutes at RPE 1-3 (Green effort).

Finish the workout with a cooldown of 15 minutes of very easy jogging to help your body return to a resting state.

4. Final Cooldown: 15 minutes at RPE 1-5 (Green effort).

01h:02m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Fast Finish
This workout is designed to build endurance with varied intensity, moving from an easy pace to a strong finish. Ensure you maintain proper form throughout each step and focus on breathing steadily.

1. Easy Effort: Run at an easy pace for 20 minutes. This is a Green effort, meaning you should be able to talk easily. Target RPE: 3-5.

2. Picking Up: Gently pick up the pace slightly for 5 minutes. This is an Amber effort, meaning you should be able to speak 5-7 words between breaths. Target RPE: 6-7.

3. Fast Finish: Finish strong with a faster pace for 10 minutes. This is a Red effort, meaning you should be able to speak only single words. Target RPE: 8.

4. Cool Down: Walking recovery to cool down for 5 minutes.

00h:40m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 50 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

00h:50m

Week 6 (4:14)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 35 minutes at an RPE of 3-5 (conversational pace).

00h:35m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Wednesday

Running
Speed Intervals
This running workout focuses on improving speed through intervals. The session begins with a warm-up, progresses through a series of strides, includes goal-paced efforts, and concludes with a cooldown.

1. Begin with a warm-up of 15 minutes at an easy pace (Green). This should be a conversational pace, RPE 3-5.
2. Perform 4 sets of strides. Each stride should be a 20-30 second controlled burst of fast running. Build speed for roughly 5-10 seconds, hold peak pace at 85-95% effort (approximately 1-mile race pace) for 10-15 seconds, then gradually coast to a stop over the final few seconds. Maintain a relaxed form, avoiding straining or gasping for air (Red). Follow each stride with a walk or very gentle jog recovery back to the start (Green).
3. Conduct 3 intervals at your goal 5k pace for 5 minutes each (Red). Follow each interval with a very easy jog for 2 minutes 30 seconds (Green).
4. Finish with a cooldown of 15 minutes at a very easy jog pace (Green). This should be a comfortable pace, RPE 1-5.

00h:54m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 35 minutes at an RPE of 3-5 (conversational pace).

00h:35m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Race Sim
This workout is designed to simulate race conditions and includes a warm-up, a tempo run on a flat firm surface, and a cool-down walk.

1. Warm up: Begin with an easy run for 10 minutes at a conversational pace (RPE 3-5).
2. Tempo on flat firm surface: Choose a surface that closely resembles race conditions such as firm flat sand, level trail/grass, or gravelly road. Run at a hard effort (RPE 7) for 40 minutes.
3. Cool down: Finish with 10-minutes to cool down at an easy pace (RPE 3-5).

01h:00m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 1hr minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

01h:00m

Week 7 (3:21)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Easy This workout is designed to provide an easy run with a focus on endurance. It is a conversational effort (Green zone). 1. Run for 30 minutes at an RPE of 3 to 5. 00h:30m	**Running** Speed Intervals This running workout is designed to improve speed and endurance through a series of structured intervals. The workout begins with a warmup, followed by stride intervals, max effort intervals, and concludes with a cooldown. The workout utilizes the traffic light system, with green for easy runs, amber for moderate efforts, and red for hard efforts. 1. Warmup: Start with a warmup of 15 minutes at a long endurance pace (RPE 3-5, Green). This should feel conversational and prepare your body for the workout ahead. 2. Stride Intervals: Perform 4 sets of strides. - Each stride involves a controlled, 20–30 second burst of fast running, gradually increasing speed, holding peak pace (RPE 8-9, Red) for 10-15 seconds, then gradually slowing down. - Recover by walking or very gentle jogging back to the start (RPE 1-3, Green). 3. Max Effort Intervals: Complete 8 sets of max effort intervals. - Each interval consists of 1 minute of maximum effort running (RPE 10, Red). - Recover with 2 minutes of very easy jogging (RPE 1-3, Green). 4. Cooldown: Finish with a very easy jog for 15 minutes (RPE 1-5, Green). This will help your body recover and transition to a resting state. 00h:56m	**Running** Easy This workout is designed to provide an easy run with a focus on endurance. It is a conversational effort (Green zone). 1. Run for 30 minutes at an RPE of 3 to 5. 00h:30m	**Rest** Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Race Sim This workout is designed to simulate race conditions and includes a warm-up, a tempo run on a flat firm surface, and a cool-down walk. 1. Warm up: Begin with an easy run for 10 minutes at a conversational pace (RPE 3-5). 2. Tempo on flat firm surface: Choose a surface that closely resembles race conditions such as firm flat sand, level trail/grass, or gravelly road. Run at a hard effort (RPE 7) for 20 minutes. 3. Cool down: Finish with 10-minutes to cool down at an easy pace (RPE 3-5). 00h:40m	**Running** Easy This workout is designed to provide an easy run with a focus on endurance. It is a conversational effort (Green zone). 1. Run for 45 minutes at an RPE of 3 to 5. 00h:45m

Week 8 (0:54)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 20 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:22m

Wednesday

Running
Shakeout
RPE: 4/10 Light to Moderate
This workout is a shakeout run designed to keep the legs fresh with a light intensity level. The focus is on recovery, ensuring you stay within the easy zones and maintain a conversational pace.

1. Easy run: 15 minutes at RPE 3-5 (Green zone).

00h:15m

Thursday

Rest
Recovery & Adaption Day
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Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Sunday

Running
Time Trial
It's race day, complete your warm up to get you ready for a hard race effort.

1. Easy warm-up: Begin with an easy warm-up to get your muscles ready and your heart rate up. This phase should be in Zone 2 (Green, Conversational) with an RPE of 3-5 for a duration of 10 minutes.

2. Strides: Perform 4 repetitions of strides. Each stride consists of:
   - Stride work phase: 20-30 seconds of fast running. Build speed for 5-10 seconds, hold peak pace for 10-15 seconds, and gradually slow down. This should be in Zone 5 (Red, Single words only) with an RPE of 8-9.
   - Recovery phase: Walk or very gentle jog back to the start. This should be in Zone 1 (Green, Easy to talk) with an RPE of 1-3.

3. Pendine 5k Race (3.1 miles). You have done the work now have fun and give it your all!

4. Cool down: Finish with a walking recovery to cool down.

00h:17m ~ 3.1 miles