



Park to Track

Training Programme

10-weeks training program for you to run a 5km pb at twilight 5km track meet (March 22nd) with the training starting 15th January 2024.

Assumptions: You have been jogging regularly for some months or have some basic fitness from other sports/activities. You feel you could run a Parkrun (5k) in about 35minutes or less.

Terminology

Easy runs mean you are jogging at a pace where you can have a conversation, so its gentle and may even include a few minutes of fast walking.

Fartlek is short for speed play but really means mixing up a run into some faster and some slower paced sections. It gets you used to different paces and helps improve your fitness.

Steady State means that you are running comfortably hard so a little slower than your race pace for a 5k. Its probably going to be about 20 seconds per k slower than your race pace.

Time Trial means, basically, a practice race where you put your training to a test. You are not going to be pushing yourself to the limit so maybe an 8.5 or 9 out of 10 effort wise but you will be breathing pretty heavily by the end of it.

Where and Who

WHERE: Workouts on **Wednesday** evening will be at the **Athletics Track (Nga Puna Wai Sports Complex on St Augustine Drive) from 5:40pm**. All other runs will be at your own time although we are happy to include you in any suitable club member runs that fit your schedule.

WHO: This training is organised by the **DGRS club** with your coaches being **Don Greig** and **Anthony Duncraft**. At the Tuesday sessions, we will talk with you about your progress and any issues you may be having. We are keen to help you succeed. Good luck. More information will be available on the event website with links to helpful tips.

Any questions, please contact us via the event website, DGRS website, or via our Facebook Group page.



Week 1 (Starting 15th Jan)

Mon rest day
Tues 30 min easy run
Wed Fartlek or Track Intervals
Thurs . 30mins easy run
Fri rest day
Sat 30mins easy run
Sun 45mins easy run

Week 2 (Starting 22nd Jan)

Mon rest day
Tues Fartlek session
Wed Fartlek or Track Intervals
Thurs 30mins easy run
Fri rest day
Sat. Parkrun time trial paced by DGRS
Sun 50mins easy run.

Week 3 (Starting 29th Jan)

Mon rest day
Tues Fartlek session
Wed Fartlek or Track Intervals
Thurs 35mins easy run
Fri rest day
Sat. 30min easy run
Sun 50mins easy run

Week 4 (Starting 5th Feb)

Mon rest day
Tues 30min easy run
Wed Fartlek or Track Intervals
Thurs 35mins easy run
Fri. rest day
Sat. Parkrun as steady state run
Sun 50mins easy run

Week 5 (Starting 12th Feb)

Mon rest day
Tues 30min easy run
Wed Fartlek or Track Intervals
Thurs 40mins easy run
Fri rest day
Sat. Parkrun time trial paced by DGRS



Sun 50mins easy run

Week 6 (Starting 19th Feb)

Mon. rest day
Tues 30min easy run
Wed Fartlek or Track Intervals
Thurs 40 mins easy run
Fri. rest day
Sat. Parkrun as steady state run
Sun 50 mins easy run

Week 7 (Starting 26th Feb)

Mon . rest day
Tues 30min easy run
Wed Fartlek or Track Intervals
Thurs. 35min easy run
Fri rest day
Sat Parkrun time trial pace by DGRS
Sun 50 mins easy run

Week 8 (Starting 4th March)

Mon rest day
Tues. 2 x 2km reps
Wed Fartlek or Track Intervals
Thurs. 30 min easy run
Fri rest day
Sat. Parkrun as steady state run
Sun . 50mins easy run

Week 9 (Starting 11th March)

Mon rest day
Tues 30 min easy run
Wed 3km time trial
Thurs 30 mins easy run
Fri. rest day
Sat. 20mins easy run
Sun 40mins easy run

Week 10 race week (Starting 18th March)

Mon rest day
Tues 20min easy run
Wed 6 x 200 metres
Thurs rest day
Fri. Twilight 5km