

**5K  
EXTENDED  
TRAINING  
PROGRAM**



**MELBOURNE  
MARATHON  
FESTIVAL**

# ABOUT THE PROGRAM

This program has been built to keep you motivated to continue to move forward. With race day being pushed back, it is important that we periodize your training to allow you to reach peak fitness when the time is right. By pulling back the intensity and shifting our focus to building a stronger endurance base, you will ideally get to that start line in December and be ready to give it your all.

Keep your eyes on the prize and continue ticking off the NRC runs and NTC workouts! As your coach, I'm here with you every step of the way.

Coach Lydia



# WEEKLY WORKOUTS

This plan includes three types of workout activities each week. All three are important to get the fittest, strongest and fastest version of you to the finish line. You can take advantage of Audio Guided Runs for each Speed and Recovery run and most Long Runs within the plan.

## SPEED RUNS

Building strength through speed training is important as you prepare. Throughout this plan you'll be introduced to a variety of speed workouts and drills that will make you faster. You'll get to do short and long intervals, fartlek, hill workouts and tempo runs. (See Types of Runs in the Glossary for definitions of these).

## LONG RUNS

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance and pacing with weekly Long Runs. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run at a comfortable pace, and as a Progression Run (See Types of Runs in the Glossary for definition of Progression Run).

## RECOVERY RUNS

Recovering from your workout days is just as important as the workouts themselves. Use these days to run easy and based on how you feel to help you recover at the highest quality possible after intense training. Each week of training includes two recovery runs. These include runs with Shalane Flanagan and Eliud Kipchoge. Recovery Runs are just as important as your hard workouts.

## REST DAYS

Great running is dependent on great rest and recovery. These days are meant for you to recharge and recover. Either take the day off, try one of the workouts from "Simple Routines For Better Runs" in the NTC App or go for a few easy miles or kilometers. It is essential that you talk to and listen to your body as you progress through the training program. Sometimes you will need to adjust the program to fit what you need. And yes, that means that sometimes the best speed run or long run will be no run.



# HOW TO USE THE PACE CHART

Throughout the plan, you will see and hear references to different paces and efforts you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace and effort targets. Knowing your pace and effort targets will make your training easier.

Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot.

You will have ample guidance regarding the proper pace and effort needed in every audio guided run. The coaches and athletes are there to guide, motivate and inspire you to be the best athlete and coach you can be.

The chart on page 8 will help you understand which pace you should aim to run during each session.

## FIND YOUR STARTING PACE

To get started, you'll need to identify the row of pace targets that is right for you. You can base your pace on any of the following:

- You could use a recent 5K, 10K, half marathon or marathon time, if you have run one. By “recent” we mean in the last month or two.
- You could use the Nike Running App and go on a few runs to determine your average pace. This will be your Recovery day pace.
- If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find your row of pace targets you will need on the Pace Chart.



# PACE CHART

<b>mile best</b>	<b>5k best/avg km pace</b>	<b>10k best/ avg km pace</b>	<b>tempo avg km pace</b>	<b>half marathon best/avg km pace</b>	<b>marathon best/ avg km pace</b>	<b>recovery day pace</b>
5:00	17:05/3:25	35:45/3:35	3:45	1:18:00/3:43	2:44:00/ 3:53	4:20
5:30	18:45/3:43	39:00/3:54	4:00	1:25:00/4:02	3:0:00/4:14	4:40
6:00	20:15/4:03	42:00/4:12	4:20	1:35:00/4:30	3:15:00/4:25	5:05
6:30	22:00/4:04	45:45/4:35	4:45	1:40:00/4:42	3:30:00/4:58	5:30
7:00	23:45/4:45	49:00/4:54	5:05	1:50:00/5:10	3:45:00/5:20	5:50
7:30	25:15/5:03	52:30/5:15	5:30	1:55:00/5:26	4:00:00/5:41	6:10
8:00	27:00/5:24	55:50/5:35	5:50	2:05:00/5:54	4:15:00/6:03	6:10
8:30	28:30/5:42	59:00/5:54	6:10	2:10:00/6:09	4:30:00/6:22	6:50
9:00	30:00/6:00	62:30/6:15	6:30	2:20:00/6:37	4:45:00/6:43	7:10
9:30	31:45/6:21	66:00/6:36	6:50	2:25:00/6:53	5:00:00/7:05	7:35
10:00	33:00/6:40	69:00/6:54	7:10	2:35:00/7:18	5:15:00/7:27	7:55
10:30	35:00/7:00	72:00/7:12	7:30	2:40:00/7:33	5:30:00/7:49	8:15
11:00	36:15/7:15	75:00/7:30	7:50	2:50:00/8:00	5:40:00/8:04	8:30
11:30	38:00/7:36	78:30/7:51	8:10	2:55:00/8:13	5:50:00/8:17	8:45
12:00	39:30/7:54	81:30/8:09	8:30	3:05:00/8:45	6:00:00/8:32	9:00



**NRC GUIDED RUN**

# **5K EXTENDED TRAINING PROGRAM**



TAP TO START  
WORKOUT

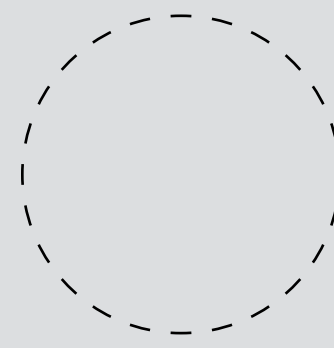
TAP TO CHECK OFF YOUR  
WORKOUT WITH AN EMOJI!

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## RECOVERY RUN

Come Back Run

15:00 AGR

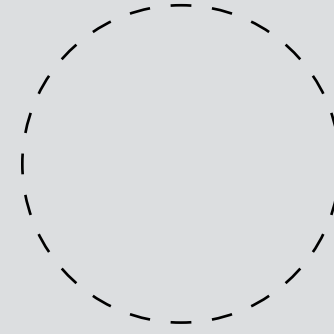


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## SPEED RUN

Five Minute Fartlek

12:00 AGR

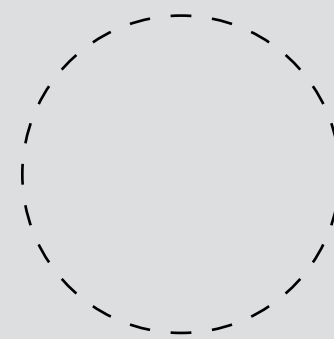


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## RECOVERY RUN

15 Minute Head Starts

15:00 AGR

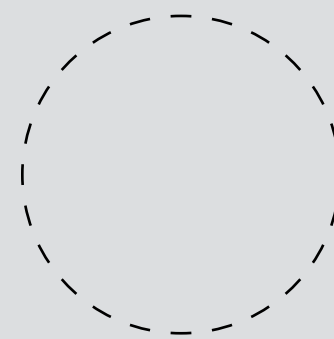


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## LONG RUN

Running for More: Purpose

20:00 AGR

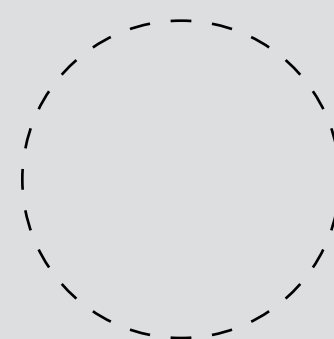


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## NTC WORKOUT

Yoga Ready

18:00 Yoga



**WEEK 1**  
**SEP 13<sup>TH</sup> - SEP 19<sup>TH</sup>**



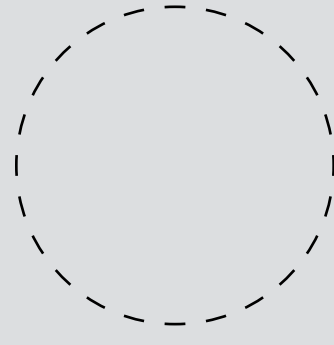
**WEEK 2**  
**SEP 20<sup>TH</sup> - SEP 26<sup>TH</sup>**

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**RECOVERY RUN**

Run with Bianca

20:00 AGR

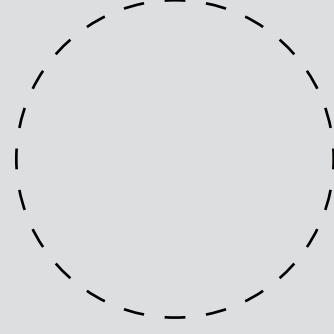


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**SPEED RUN**

Ten Minute Tempo Run

16:00 AGR

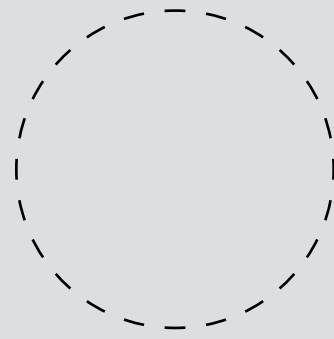


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**RECOVERY RUN**

Tough Day Easy Run

20:00 AGR

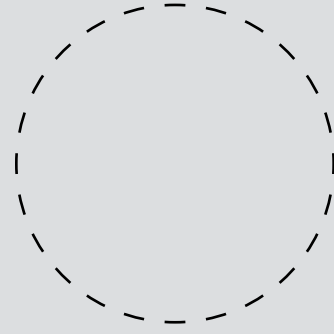


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**LONG RUN**

Running for More: Connections

25:00 AGR

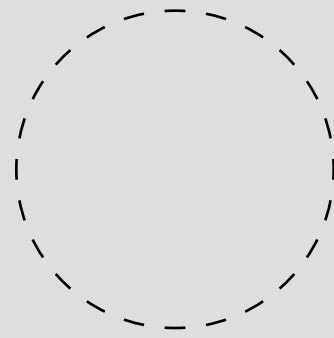


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**NTC WORKOUT**

Drill Essentials

15:00 Strength





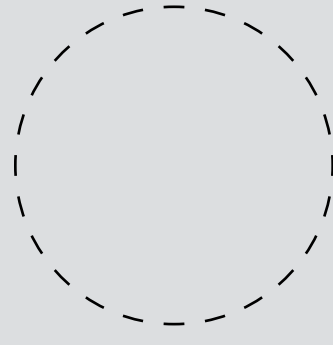
**WEEK 3** SEP 27<sup>TH</sup> - OCT 3<sup>RD</sup>

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**RECOVERY RUN**

Need this Run

20:00 AGR

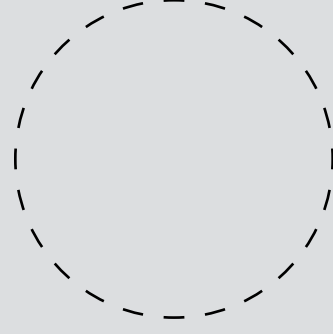


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**SPEED RUN**

Bring It Down

22:00 AGR

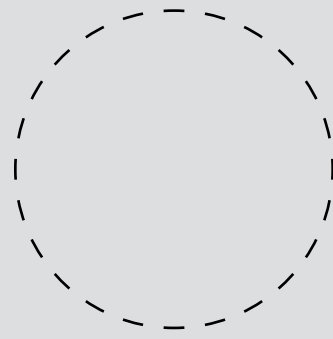


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**RECOVERY RUN**

BeTrue

21:00 AGR

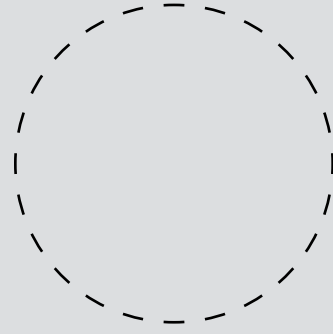


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**LONG RUN**

Running for More: Success

30:00 AGR

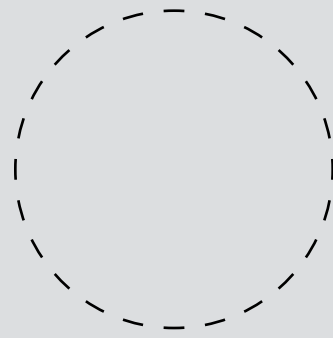


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**NTC WORKOUT**

Open Rotation

15:00 Mobility



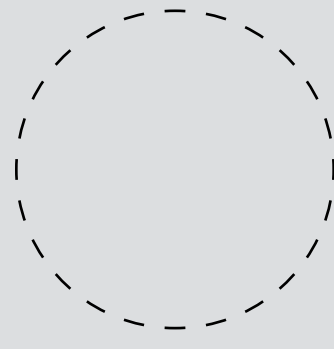
**WEEK 4 OCT 4<sup>TH</sup> - OCT 10<sup>TH</sup>**

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**RECOVERY RUN**

**Next Run**

22:00 AGR

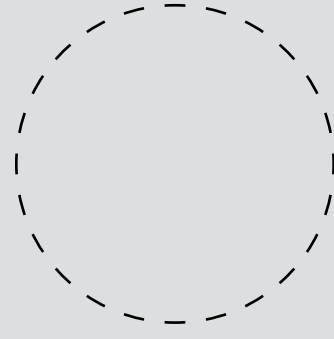


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**SPEED RUN**

**Find Your Pace**

15:00 AGR

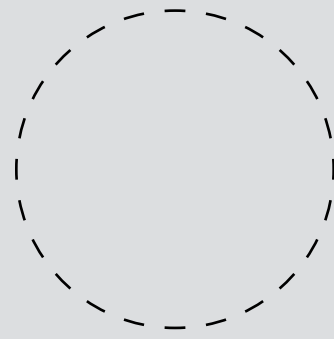


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**RECOVERY RUN**

**Big Day Run**

25:00 AGR

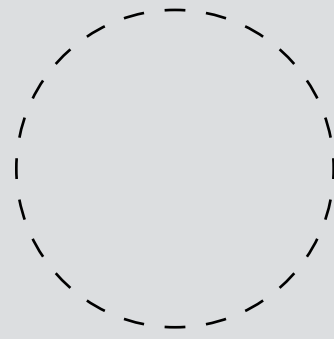


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**LONG RUN**

**Nike Melb Mara Virtual 10km  
(RUN/WALK)**

10km AGR

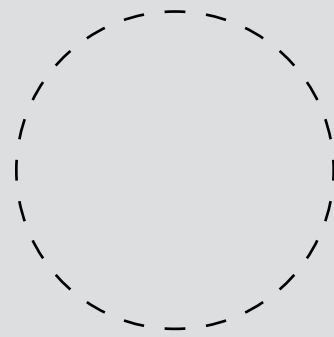


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**NTC WORKOUT**

**Glute and Hip Strength**

20:00 Strength



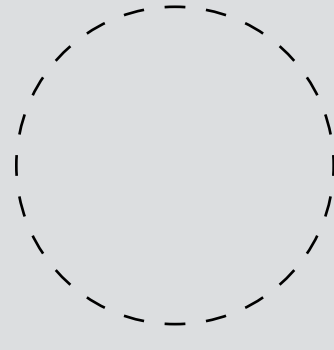
**WEEK 5 OCT 11<sup>TH</sup> - OCT 17<sup>TH</sup>**

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**RECOVERY RUN**

**Need A Teammate Run**

20:00 AGR

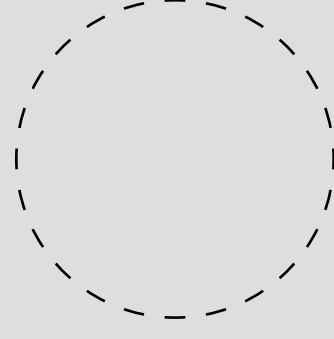


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**SPEED RUN**

**Runner Up**

21:00 AGR

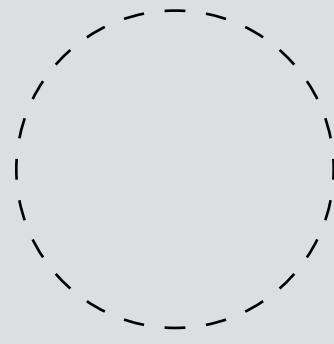


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**RECOVERY RUN**

**Easy Run**

25:00 AGR

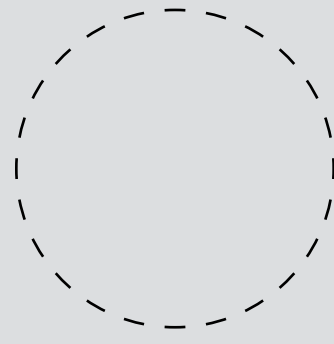


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**LONG RUN**

**Just a Run**

30:00 AGR

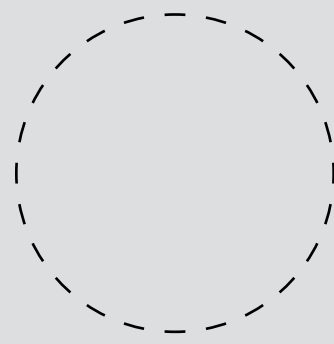


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**NTC WORKOUT**

**Steady Flow Yoga**

25:00 Yoga



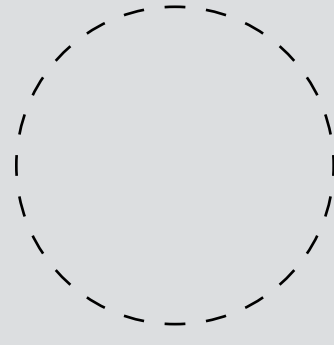
**WEEK 6**  
**OCT 18<sup>TH</sup> - OCT 24<sup>TH</sup>**

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**RECOVERY RUN**

**End of Day Run with Headspace**

25:00 AGR

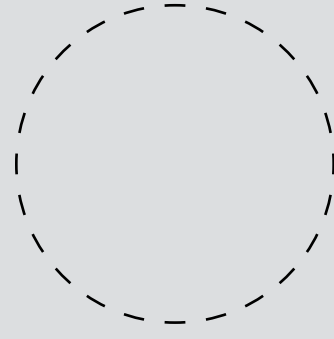


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**SPEED RUN**

**Giannis On the Go**

25:00 AGR

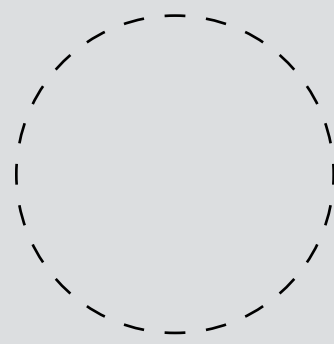


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**RECOVERY RUN**

**Best Advice Every Run**

25:00 AGR

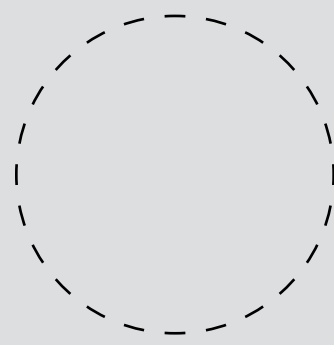


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**LONG RUN**

**Run with Headspace**

30:00 AGR

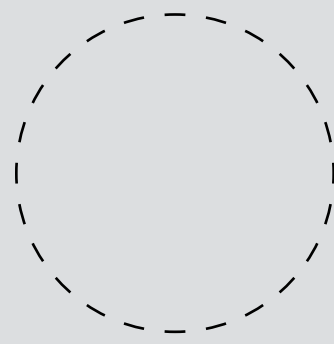


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**NTC WORKOUT**

**Runner Stability**

20:00 Strength



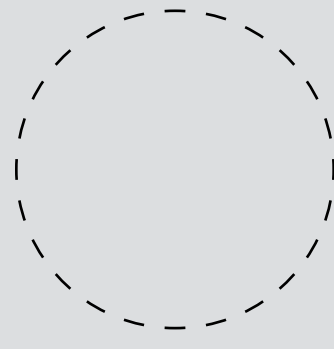
**WEEK 7**  
**OCT 25<sup>TH</sup> - OCT 31<sup>ST</sup>**

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**RECOVERY RUN**

Run with Manal

25:00 AGR

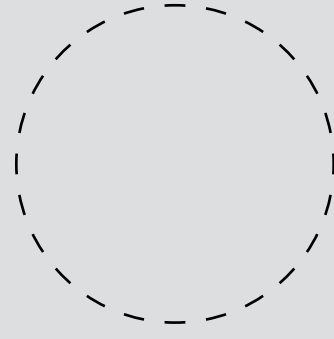


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**SPEED RUN**

3,2,1 Go!

17:00 AGR

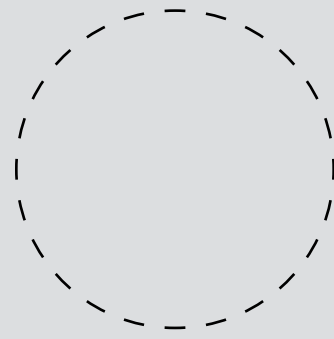


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**RECOVERY RUN**

A New Run

25:00 AGR

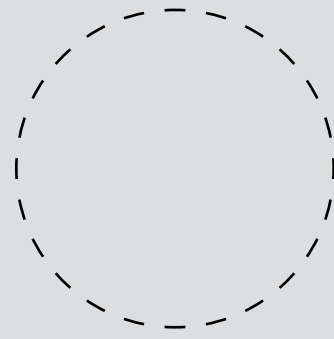


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**LONG RUN**

I Need A Win Run

30:00 AGR



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**NTC WORKOUT**

Watch Your Tone

15:00 Mobility

