



Training Zones

Zone	Session type	% of max heart rate	Benefits
Zone 1	Warming up Cooling down Recovery between reps	50-60%	This zone focuses on enhancing recovery. The intensity here should feel very light, allowing you to maintain a conversation effortlessly. There is little to no stress on the body.
Zone 2	Easy runs Recovery runs Warming up Cooling down	60-70%	This zone is crucial for developing your aerobic endurance. Training at this intensity helps your body become more efficient at oxidizing fat (fat burning machine) and increases capillary density, forming the foundation of your endurance. This should be 70-80% of your training throughout the week.
Zone 3	Steady runs Long runs	70-80%	A moderate effort zone, where training enhances the efficiency of your circulatory system. This is also where lactic acid begins to accumulate in your muscles. Conversation should be reduced to incomplete sentences before a breath is needed.
Zone 4	Tempo runs Hill reps	80-90%	This zone targets speed endurance. Working at this intensity improves your body's ability to use carbohydrates for energy and increases your tolerance to lactic acid, thereby raising your anaerobic threshold.
Zone 5	Interval, repetition and hill sessions Racing	90 – 100%	This is maximal effort, where your heart, blood, and respiratory systems are pushed to their limits. Lactic acid builds up rapidly, and you'll only be able to sustain this level of effort for a few minutes. Running economy, including your form, turnover, max speed and power are improved.



Running terminology

Name	Detail	Example
Intervals	Involve alternating between high-intensity effort and recovery periods of jogging or walking. These workouts improve speed and endurance by pushing your limits during the fast intervals and allowing recovery in between. They're effective for building cardiovascular endurance.	5 x 1000m with 2 minute recovery between each rep
Repetitions	Repetition running involves short, intense bursts of running at near-maximal effort, followed by complete rest or very light recovery periods. The focus is on quality and speed, helping to improve running form, power, and speed. Unlike intervals, the emphasis is more on speed than endurance.	8 x 200m with 200m slow jog for recovery
Tempo or Threshold run	Ran at a comfortably hard pace. Tempos should be ran at a pace you can typically hold for 60 minutes or 30 seconds per mile slower than your 5k pace. During these sessions you should be able to say a few words throughout but not hold a full conversation. They are not a race effort!	20 minute tempo run or 5 x 5 minute with 2 minute rest
Hill repeats	Hill repeats are designed to improve running strength and power. By repeatedly running uphill at a strong effort, you build leg muscles, enhance cardiovascular fitness, and improve your running form. Hill repeats also help to increase your lactate threshold and mental toughness, making you more resilient during races or challenging runs.	5 x 1 minute 5 x 40 seconds 5 x 30 seconds Slow jog down recovery
Long run	Longer runs should be done at a controlled, steady effort to help your body and mind get accustomed to the feeling of race pace. Typically they should be between 20-30% of your weekly mileage depending on your weekly total.	3 x 5k at marathon pace with 1k jog in between each 5k
Easy run	This should feel comfortable and relaxed: take it slow and steady. Remember, this is a recovery run, so you should be able to hold a conversation the entire time. Don't look at your watch for the pace of each mile or kilometre.	30 - 40 minute easy jog



5k training plan – Beginner

	Session 1	Session 2	Session 3
Week 1	Run 1 min / Walk 2 min × 8	Run 1 min / Walk 1 min × 10	Run 2 min / Walk 2 min × 6
Week 2	Run 2 min / Walk 1 min × 7	Run 3 min / Walk 2 min × 5	Run 4 min / Walk 2 min × 4
Week 3	Run 5 min / Walk 1 min × 3	Run 6 min / Walk 1 min × 3	Run 8 min / Walk 2 min × 2
Week 4	Run 8 min / Walk 2 min × 2	Run 10 min / Walk 2 min × 2	Run 12 min / Walk 3 min / Run 8 min
Week 5	Run 12 min / Walk 2 min / Run 10 min	Run 15 min / Walk 2 min / Run 8 min	Run 20 min / Walk 2 min / Run 6 min
Week 6	Run 10 min / Walk 2 min / Run 10 min	Run 7 min / Walk 2 min / Run 7 min	5k!