

5KM INTERMEDIATE TRAINING PLAN

Welcome to your 5km intermediate training plan. Firstly, thank you for signing up to an event with Parkinson's UK. You're truly helping us to improve the lives of everyone affected by Parkinson's.

The 5km run is a great event to take part in. By downloading the advanced guide we assume you've done a few runs before? Whether you're aiming for a new personal best, or you just want to push yourself, this guide is right for you!

Don't forget to warm up and cool down prior to any form of exercise. You can find our warm up and cool down section on our training hub. Best of luck! If you have any questions please email us on events@parkinsons.org.uk.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	Rest	10min easy 90sec fast 90sec jog x 8 sets 10min easy	Rest	10min easy 5min 7/10 5min 8/10 10min easy	Rest	30min easy run
2	Rest	Rest	10min easy 5min tempo 2min jog x 4 sets 10 min easy	Rest	10min easy 6min steady 6min tempo 10min easy	Rest	30min easy run
3	Rest	Rest	10min easy 90sec fast 60sec jog x 10 sets 10 min easy	Rest	10min easy 8min tempo 4min faster 2min fast 10min easy	Rest	35min easy run
4	Rest	Rest	10min easy 10min fast 2.5min jog x 3 sets 10min easy	Rest	10min easy 9min steady 6min faster 2min fast 10min easy	Rest	25min easy run
5	Rest	Rest	10min easy 2min fast 90sec jog x 8 sets 10min easy	Rest	10min easy 5min steady 5min faster 5min easy x 2 sets 10min easy	Rest	35min easy run
6	Rest	Rest	10min easy 90sec fast 90sec jog 3min easy x 5 sets 10min easy	Rest	10min easy 7min steady 7min faster 7min easy x 2 sets 10min easy	Rest	30min easy run

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	Rest	Rest	10min easy 4min fast 75sec jog x 6 sets 10min easy	Rest	10min easy 3min steady 3min faster 3min easy x 2 sets 10min easy	Rest	40min easy run
8	20min easy run	Rest	10min easy 60sec fast 2min walk x 4 sets 10min easy	Rest	Rest or 15min easy run	Rest	Race day!

Glossary:

Easy run - similar to warm up pace. An easy run is generally around a 5 or 6 out of 10 effort in regards to the rate of perceived exertion (RPE).

RPE - is the rate of perceived exertion of an exercise. This scale is subjective to each individual. What might be a 7 out of 10 for someone might be totally different to someone else. When you see '7/10' on the above plan this means you should be working hard. '8/10' even harder and so on. As a general rule of thumb 1 out of 10 is resting (such as sitting down) and 10 out of 10 is maximum effort (such as sprinting).

Tempo - when you hear the word tempo it usually means running at a level that is just below race pace. When running at tempo in the plan above, run at a level that is just below your 5km race pace.

Steady - a steady run means something that isn't too easy and isn't too hard. Looking back an RPE this would approximately be 6 or 7 out of 10 in effort.

x No. sets - where you see this on the guide, you will be performing several sets of a certain exercise. However, it only applies to the main set and not the '10min easy' before and after.

Rest - rest days are very important to make sure you recover properly between days of exercise. Rest days don't mean complete inactivity. On a rest day it is a good idea to stretch, foam roll or even do a bit of cross training. This means anything other than running, so you could swim, cycle or go to the gym.

RPE Scale	
10	Maximal effort
9	Really Really Hard
8	Really Hard
7	Harder
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

Disclaimer:

Parkinson's UK cannot accept any responsibility for death, injuries or loss caused by any information contained within this Guide. All information is provided in good faith. You should consult your doctor before embarking on any program of physical activity. By using the information in this Guide you agree to indemnify, defend, and hold all the parties referred to above, harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us, is based on or arises in connection with your use of this Guide, any breach by you of these terms and conditions or a claim that your use of this Guide infringes any intellectual property rights of any third party or is libellous or defamatory, or otherwise results in injury or damage to any third party.