

»»UFIT

CORPORATE

RUN 2021



INTERMEDIATE'S 5KM TRAINING PLAN

WRITTEN BY DECLAN HALPIN, HEAD OF FITNESS AT UFIT



Scan to Find
out more!



5KM - 6 WEEK TRAINING PLAN

Hello and welcome to the UFIT 2021 Corporate running program!

The UFIT Corporate Run Challenge is the perfect opportunity for you to really focus in on your training programme, dial in your nutrition, and commit to hitting a 5km time you can be proud of!

This 5km plan is designed for intermediate runners. What do we mean by intermediate runners? People that could currently run a 5km distance if they needed to, but don't think the time would be very impressive! They are usually people who go for an occasional run, but regularly do 4-5 exercise sessions a week, with a mix of different cardio and strength sessions thrown in.

HOW DOES IT WORK?

Rather than specifying HR zones or distances, this program focuses on building up your running duration times, whilst increasing or decreasing the intensity (speed) of these runs across a week. The intensity is self-reported through your own RPE scale - more on this below!

THE AIM?

To get you to cover the entire distance without taking any breaks! With the right mindset and this guidance, you can definitely achieve this.

A caveat:

Please listen to your body! If it doesn't feel right, it probably isn't right. Speak to a physio or reach out to me if you feel any sort of pain or other issue developing whilst following the program.

Finally, HAVE FUN, enjoy the process, and celebrate the small victories along the way. Yes, there will be tough days, and days that you don't want to train, but try to focus on the positives: getting out on the road, away from distractions and responsibilities, and doing something for YOU - taking back control of your health and fitness. Give it your best shot, and you will be very proud of yourself as you round that final corner at the UFIT Corporate Run.



GLOSSARY

So what is Rate of Perceived Exertion?

RPE refers to your perceived difficulty of a workout - how hard are you yourself finding it. The harder/faster you run, the higher your RPE will be! Very simply, this is reported on a scale of one to 10: with 1 being your walk to work, and 10 being a 100m sprint - giving it absolutely everything you've got.

1- Walking

2- Brisk Walking

3-4: Moderate Exertion - Hiking uphill, slow relaxed jog, relaxed cycle

5-6: Hard Exertion: A gym workout, a trail run, or cycling fast

7-8: Difficult: HIIT workout or a tough bootcamp, something that you could do for 30 min, but not much longer.

9: Into your red zone - something that you could sustain for 2-3min, but no more.

10: Absolute red zone - all out maximal effort, something that you couldn't sustain for more than a minute.

Base run:

refers to jogging at a relaxed pace and should not feel too challenging. The purpose of the base runs are adding to the distance you cover over the six weeks, building your aerobic capacity and also your muscle adaptations. The perceived difficulty should be 3-4.

Interval Training (IT):

refers to when you do a series of shorter/ faster runs over a measured distance or time. The rest duration and intensity varies between repeats. Interval training is a fantastic way of drastically improving both muscle adaptations and cardiovascular fitness in a short period of time. However, they must be done correctly: when it is time to work, work hard (6-8 on RPE scale), and when it is time to slow down make sure you slow down (3-4 on RPE scale, or lower if needed) and recover as much as you can.



GLOSSARY

Rest:

Rest does not mean lie in bed all day! It means go about your active, every day life. Move around, play with your kids, walk to work - all the good things that keep you healthy! If you are feeling stiff, a swim or a gentle cycle will do you wonders.

Cross Training:

Cross training essentially means doing some other form of exercise besides running, with the aim of completing a 20 to 30 minute session, using your muscles in different ways, and getting out of breath. Some more specific examples? Swimming lengths, a cycle, or jumping on a rower. Or even better, join a UFIT virtual class or join us outdoors at one of our outdoor classes- we would love to have you! Using your muscles in different ways and getting out of breath will help prepare you for race day, whilst more importantly helping you to avoid any over-use injuries. If you are having a tough week, or feeling fatigued, aim for something a little bit slower like Pilates or Yoga - but please don't skip this session: it's more important than you realise!

Stretch:

If you really are starting from a true beginner level with this program, your body is going to let you know all about it! Don't worry: this stiffness and the occasional aches are all part of the process. It is simply your muscles remodelling and growing as your body adapts to the new training load. To help with these symptoms, schedule in a day where you focus on stretching. You can do this by either joining a yoga class (check out the UFIT one in beautiful Botanic Gardens!), or simply stretching at home, focussing on these key areas: calves, hamstrings, glutes, hip flexors and lower back. Your body will thank you for it!

Walk/Run Intervals:

Each individual run has been split into walk/run intervals. All running should be completed at a comfortable pace. What do we mean by comfortable pace? A pace which allows you to complete the allotted time without needing to stop for a break. The focus is on building up the duration of time running! The walking allows your body to recover in-between the running intervals.



GLOSSARY

Start with 10 min Easy Run

Base Run:

IT: 4x1 min Fast

Base Run:

20-25 min Run

2min Recovery

30 min Run

RPE 3-4

RPE 3-4

Do I need to warm up?

End with 10 min Easy Run

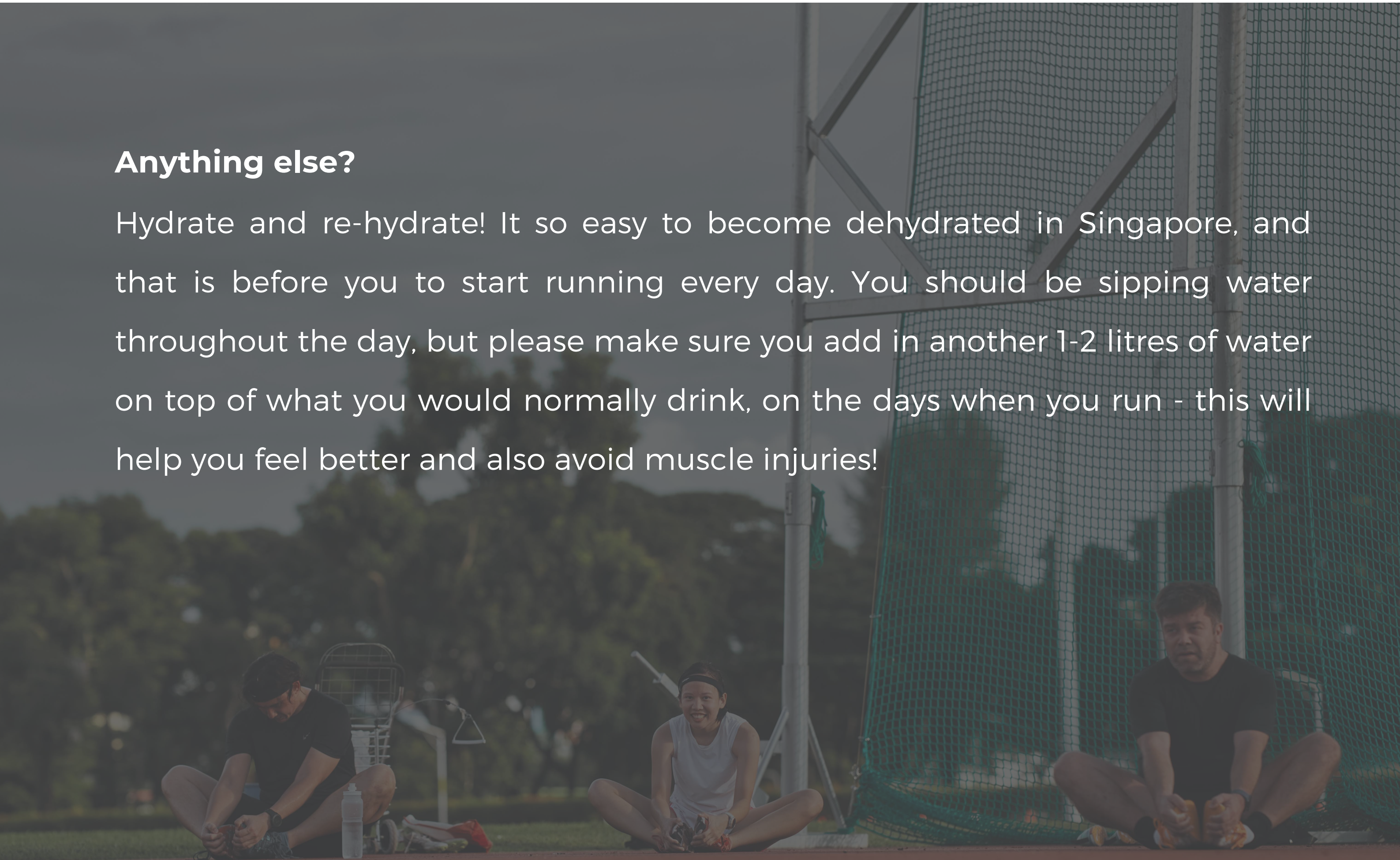
Your warm-up doesn't need to be technical - simply start each session with a 5 minute brisk walk to prepare the body for exercise. Easy! (Total: 32 min)

Do I need to cool down?

A relaxed five minute walk at the end of your session will help you to get your heart rate back to normal. If you feel like it was a particularly tough session, try to spend another five minutes stretching out any areas that felt like they did work - it will help you to recover faster?

Anything else?

Hydrate and re-hydrate! It so easy to become dehydrated in Singapore, and that is before you to start running every day. You should be sipping water throughout the day, but please make sure you add in another 1-2 litres of water on top of what you would normally drink, on the days when you run - this will help you feel better and also avoid muscle injuries!





TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Base Run: 20-25 min Run RPE 3-4	Cross Train	Start with 10 min Easy Run IT: 5x90 sec Fast 2min Jog Recovery End with 10 min Easy Run (Total: 35 min)	Stretch	Base Run: 20 min Run RPE 3-4	Base Run: 35 min Run RPE 3-4
WEEK 2	Rest	Base Run: 20-25 min Run RPE 3-4	Cross Train	Start with 10 min Easy Run 20min of IT: 30 sec at RPE 7-9 30 sec at RPE 2-3 End with 5 min Easy Run (Total: 35 min)	Stretch	Base Run: 20 min Run RPE 3-4	Base Run: 40 min Run RPE 3-4
WEEK 3	Rest	25 min Run RPE 5	Cross Train	Start with 10 min Easy Run 20min of IT: 2 min at RPE 6 2 min at RPE 2-3 End with 5 min Easy Run (Total: 35 min)	Stretch	25 min Easy Run	Base Run: 45 min Run RPE 3-4
WEEK 4	Rest	30 min Run RPE 5	Cross Train	Start with 10 min Easy Run IT: 3 min at RPE 6-7 3 min at RPE 2-3 Repeat 3 Times End with 10 min Easy Jog (Total: 38 min)	Stretch	25 min Easy Run	Base Run: 40 min Run RPE 3-4
WEEK 5	Rest	Start with 10 min Easy Run 10 min of IT: 1 min Fast Run 1 min Slow Jog Repeat 5 Times End with 10 min Easy Run (Total: 35 min)	Cross Train Nothing Too Strenuous	20 min Easy Run	Rest	15 min Easy Run	RACE DAY



JOIN OUR COMMUNITY GROUP

Join our UFIT Strava Club to log your training, get inspired by others, and get access to Singapore's best running routes.

Strava Group - <https://www.strava.com/clubs/ufit-corporate-run-2021>

***Disclaimer:**
Make sure you warm up adequately before each workout and immediately cease any exercise which results in pain or discomfort. You should consult a doctor before starting an exercise programme Whilst all workouts have been chosen to be appropriate for runners, Declan Halpin shall not be held responsible for any loss, injury or damage that is suffered or incurred through the use of the information or exercises within this document.

