

jphtraining



Better, faster, stronger

5km Comeback PB Plan (8 weeks)

This is a Plan to bring you back to Fitness, and is made up of 3 runs, 2 strength training sessions, and a stretching session.

Week 1 (2:40)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:00m	Steady run with 6 Stride Outs- 30 Minutes Running Endurance This run is designed to have you feeling better at the end of the run than you did at the start. You should try to ease into the run, so you don't need to hit your pace through the first 10 minutes. This run is a steady state run where you will run at between 70-75% of your maximum heart rate. The aim of this run is to improve your endurance and also to accumulate more distance in your legs plus at the end of the run you will do some stride outs to throw some speed into the legs. After 20 minutes you can do your Stride Outs. Do 6 x 50m Stride Outs with 1 minute easy running in between. The stride outs don't need to be super fast, as you are focusing on being smooth. Build you form over 30m by ensuring that your posture is good, starting to push off stronger through your toes, lifting your heels up, and then driving your knees through. Hold this form over 50m, slowly decelerate , and jog for 1 minute before repeating this 6 times. Run the last 5 minutes easy. 00h:30m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m	Easy Run-30 minutes Running This run is solely to get your legs moving. This will generally be used after a long run or a hard race. The pace is not important, but the running should be very relaxed, so run on feel not speed. 00h:30m	Day off + Foam Roller Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:15m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m Yoga- Salute to the Moon & Warrior Pose Core Regeneration 15 minutes of dynamic yoga exercises. Don't push things. Focus on breathing, being tall, and extending without forcing the movement. 00h:15m	Aerobic Run- 40 Minutes Running Endurance This run is a steady state run where you will run at between 70-80% of your maximum heart rate. The aim of this run is to improve your endurance and also to accumulate more distance in your legs. 00h:40m

Week 2 (3:00)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:00m	3 km Form Test Running Speed This is a form test to see where your fitness is. You want to be rested for it, and you want to have something light to eat a few hours before or, a gel or sports drink in the hour beforehand. 10 minutes warm up 50m Butt kicks 1 Minute easy 50m Butt kicks 1 Minute easy 50m with lots of knee drive 1 Minute easy 50m with lots of knee drive 1 Minute easy 1 Stride Out 1 Minute easy x 2 200m fast 5 Minutes easy 3000m flat out! Note your time 2 minutes walking 5- 10 minutes cool down 00h:50m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m	Easy Run-30 minutes Running This run is solely to get your legs moving. This will generally be used after a long run or a hard race. The pace is not important, but the running should be very relaxed, so run on feel not speed. 00h:30m	Day off + Foam Roller Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:15m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m <hr/> Yoga- Salute to the Moon & Warrior Pose Core Regeneration 15 minutes of dynamic yoga exercises. Don't push things. Focus on breathing, being tall, and extending without forcing the movement. 00h:15m	Aerobic Run- 40 Minutes Running Endurance This run is a steady state run where you will run at between 70-80% of your maximum heart rate. The aim of this run is to improve your endurance and also to accumulate more distance in your legs. 00h:40m

Week 3 (3:10)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:00m	8 x 400m Intervals (5km) Running Speed 15 minute warm-up Foot exercises- Walking Push-Off and Driving Push Off. Dynamic Stretches-Toe Tappers and Knee Lift and Leg Extension Run 50m with a strong push-off 50m easy running x 3 30m Stride out 50m jogging x 2 1-2 minutes easy running. 400m @ 10 seconds/km faster than your goal 5km race pace (If you don't have a suitable 400m section use 2 minute intervals followed by two minutes of rest.) 200m jog recovery x 8 cool down 00h:55m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m	Easy Run-30 minutes Running This run is solely to get your legs moving. This will generally be used after a long run or a hard race. The pace is not important, but the running should be very relaxed, so run on feel not speed. 00h:30m	Day off + Foam Roller Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:15m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m Yoga- Salute to the Moon & Warrior Pose Core Regeneration 15 minutes of dynamic yoga exercises. Don't push things. Focus on breathing, being tall, and extending without forcing the movement. 00h:15m	45 minutes aerobic running-Cap Running Ausdauer In this run you try to maintain 70-75% of your maximum heart rate. Every 5 minutes you try to run you try to run taller and more upright by performing the following drill: You run 50m where you try to lift you head 2-3cm higher into the air like you are trying to stick your head in a cap that sits above your head. By doing this you will become more upright, your posture better, and your hips in a more neutral position. After 50m you do not concentrate on your posture anymore and run "normally". Repeat this 3 times, and then return to running aerobically for the next 5 minutes. 00h:45m

Week 4 (2:30)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:00m	HITT x 6 -30 Minutes Running Tempotraining 10 minutes warm-up 10 minutes Aerobic Running 2x Stride outs 30 seconds very fast (3-5km Race Pace) 30 seconds recovery x 6 2-3 Minute cool down 00h:30m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m	Steady run with Stride Outs- 30 Minutes Running Endurance This run is designed to have you feeling better at the end of the run than you did at the start. You should try to ease into the run, so you don't need to hit your pace through the first 15 minutes. This run is a steady state run where you will run at between 70-80% of your maximum heart rate. The aim of this run is to improve your endurance and also to accumulate more distance in your legs plus at the end of the run you will do some stride outs to throw some speed into the legs. Do 6 x 50m fast with 1 minute easy running in between. The stride outs don't need to be super fast, as you are focusing on being smooth. 00h:30m	Day off + Foam Roller Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:15m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m Yoga- Salute to the Moon & Warrior Pose Core Regeneration 15 minutes of dynamic yoga exercises. Don't push things. Focus on breathing, being tall, and extending without forcing the movement. 00h:15m	Easy Run-30 minutes Running This run is solely to get your legs moving. This will generally be used after a long run or a hard race. The pace is not important, but the running should be very relaxed, so run on feel not speed. 00h:30m

Week 5 (3:31)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:00m	10 x 400m Intervals (5km) Running Speed 15 minute warm-up Foot exercises- Walking Push-Off and Driving Push Off. Dynamic Stretches-Toe Tappers and Knee Lift and Leg Extension Run 50m with a strong push-off 50m easy running x 3 30m Stride out 50m jogging x 2 1-2 minutes easy running. 400m @ 10 seconds/km faster than your goal 5km race pace (If you don't have a suitable 400m section use 2 minute intervals followed by two minutes of rest.) 200m jog recovery x 10 cool down 01h:00m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m	45 minutes aerobic running-Cap Running Ausdauer In this run you try to maintain 70-75% of your maximum heart rate. Every 5 minutes you try to run you try to run taller and more upright by performing the following drill: You run 50m where you try to lift you head 2-3cm higher into the air like you are trying to stick your head in a cap that sits above your head. By doing this you will become more upright, your posture better, and your hips in a more neutral position. After 50m you do not concentrate on your posture anymore and run "normally". Repeat this 3 times, and then return to running aerobically for the next 5 minutes. 00h:45m	Day off + Foam Roller Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:15m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m <hr/> Yoga- Salute to the Moon & Warrior Pose Core Regeneration 15 minutes of dynamic yoga exercises. Don't push things. Focus on breathing, being tall, and extending without forcing the movement. 00h:15m	Fartlek- 10 x 2 Minutes Running Speed 10 minutes easy warm-up Dynamic stretching 1 x Stride out @ 85% 1 x Stride out Today's Workout: 2 minutes @ 3km Race Pace 1 minutes easy X 10 5 minutes easy cool down. 00h:46m

Week 6 (3:35)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:00m	Fartlek- 4 min (out and back) x 5 (5km) Running Speed endurance This focus on this run is not only speed, but also control, as instead of running 4 minutes in one direction you turn after exactly two minutes and if you paced your effort correctly you will arrive at your start point at exactly 4 minutes. If you went out too fast you won't get back on time. Today's session: 10 minutes warm-up. 2 light stride outs. 4 minutes @ 5km Pace (Do not start too fast) 3 minutes easy jogging x 5 Easy cool down 01h:00m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m	45 minutes aerobic running- Cap Running Ausdauer In this run you try to maintain 70-75% of your maximum heart rate. Every 5 minutes you try to run you try to run taller and more upright by performing the following drill: You run 50m where you try to lift you head 2-3cm higher into the air like you are trying to stick your head in a cap that sits above your head. By doing this you will become more upright, your posture better, and your hips in a more neutral position. After 50m you do not concentrate on your posture anymore and run "normally". Repeat this 3 times, and then return to running aerobically for the next 5 minutes. 00h:45m	Day off + Foam Roller Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:15m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m Yoga- Salute to the Moon & Warrior Pose Core Regeneration 15 minutes of dynamic yoga exercises. Don't push things. Focus on breathing, being tall, and extending without forcing the movement. 00h:15m	20 x 100m Floats (5km) Running Speed 10 minutes warm-up 5 minutes @ 75% Dynamic stretching 2 x Stride Outs @ 85% 2 minutes @ 70% 100m @ 5km (from perceived effort) 100m @ 65% x 20 The goal is to float through the 100m. To feel fast, and light but not feel like you are straining, or fighting through the effort. You should literally just be floating. 5 minutes cool-down 00h:50m

Week 7 (3:30)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:00m	12 x 400m Intervals (5km) Running Speed 15 minute warm-up Foot exercises- Walking Push-Off and Driving Push Off. Dynamic Stretches-Toe Tappers and Knee Lift and Leg Extension Run 50m with a strong push-off 50m easy running x 3 30m Stride out 50m jogging x 2 1-2 minutes easy running. 400m @ 10 seconds/km faster than your goal 5km race pace (If you don't have a suitable 400m section use 2 minute intervals followed by two minutes of rest.) 200m jog recovery x 12 cool down 00h:55m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m	45 minutes aerobic running-Cap Running Ausdauer In this run you try to maintain 70-75% of your maximum heart rate. Every 5 minutes you try to run you try to run taller and more upright by performing the following drill: You run 50m where you try to lift you head 2-3cm higher into the air like you are trying to stick your head in a cap that sits above your head. By doing this you will become more upright, your posture better, and your hips in a more neutral position. After 50m you do not concentrate on your posture anymore and run "normally". Repeat this 3 times, and then return to running aerobically for the next 5 minutes. 00h:45m	Day off + Foam Roller Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:15m	Strength training-Upper Body, Core, and Legs Strength Strength training for your legs, core, and upper body. Repeat this series of exercises three times. Push-ups- 10 repetitions Prone Hold- 60 seconds Side Hold (oblique hold)- 30 seconds each side Tricep Dips- 10 repetitions Superman- 30 second hold Backwards Lunge- 12 repetitions per side Single leg Squat- 12 repetitions per side. 60 seconds rest 00h:15m Yoga- Salute to the Moon & Warrior Pose Core Regeneration 15 minutes of dynamic yoga exercises. Don't push things. Focus on breathing, being tall, and extending without forcing the movement. 00h:15m	3 km Form Test Running Speed This is a form test to see where your fitness is. You want to be rested for it, and you want to have something light to eat a few hours before or, a gel or sports drink in the hour beforehand. 10 minutes warm up 50m Butt kicks 1 Minute easy 50m Butt kicks 1 Minute easy 50m with lots of knee drive 1 Minute easy 50m with lots of knee drive 1 Minute easy 1 Stride Out 1 Minute easy x 2 200m fast 5 Minutes easy 3000m flat out! Note your time 2 minutes walking 5- 10 minutes cool down 00h:50m

Week 8 (2:35)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:00m	Steady run with Stride Outs-30 Minutes Running Endurance This run is designed to have you feeling better at the end of the run than you did at the start. You should try to ease into the run, so you don't need to hit your pace through the first 15 minutes. This run is a steady state run where you will run at between 70-80% of your maximum heart rate. The aim of this run is to improve your endurance and also to accumulate more distance in your legs plus at the end of the run you will do some stride outs to throw some speed into the legs. Do 6 x 50m fast with 1 minute easy running in between. The stride outs don't need to be super fast, as you are focusing on being smooth. 00h:30m	Day off + Foam Roller Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:15m	Easy Run-30 minutes Running This run is solely to get your legs moving. This will generally be used after a long run or a hard race. The pace is not important, but the running should be very relaxed, so run on feel not speed. 00h:30m	Day off + Foam Roller Rest Recovery This period is vital to prepare your body for the next hard session or race. 00h:15m	Yoga- Salute to the Moon & Warrior Pose Core Regeneration 15 minutes of dynamic yoga exercises. Don't push things. Focus on breathing, being tall, and extending without forcing the movement. 00h:15m	5km- Test or Race Running Speed 10 minutes warm-up 50m Buttkicks 1 Minute easy 50m Buttkicks 1 Minute easy 50m with knielifts 1 Minute locker 2x Stride outs 5000m fast! But do not start too fast! 10 minutes cool down 00h:50m