

# RUNNER'S WORLD 1KM CHALLENGE

## Training Programme



## THE PLAN: 4 WEEK 1KM PROGRAMME

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	15min easy; 2x400m with 1min rest between; 10min Recovery	30min running; 10min recovery, 10min easy, 10min tempo	10min easy; 5x200m with 30sec recovery; 15min recovery	REST	30min easy running	45min easy running
2	REST	15min easy; 3x400m with 1min rest between; 10min recovery	35min running; 10min recovery, 150min easy, 10min tempo	10min easy; 6x200m with 30sec recovery; 15min easy	REST	35min easy running	45min easy running
3	REST	15min easy; 4x400m with 1min rest between; 10min recovery	40min running; 20min recovery, 10min easy, 10min tempo	15min easy; 7x200m with 30sec recovery; 15min easy	REST	40min easy running	45min easy running
4	REST	10min easy; 2x400m with 1min rest between; 10min recovery	20min easy running	15min easy; 2x200m with 30sec recovery; 15min easy	REST	15min easy running with 5 x 1min builds	15min easy running with 5 x 30sec builds + 1000m TT

### HOW TO USE THE PROGRAMME:

It is important that you select an appropriate goal for your current level so do a 1km Time Trial (TT) before starting the programme. Ensure a proper warm up of 10-15min easy running with 5x30sec builds.

Once you have a marker and you know what you want to run then you can use the running paces from the appropriate training column.

TRAINING TYPE	3:00	3:30	4:00	4:30	5:00
RECOVERY RUN	5:00-5:25/km	5:25-5:50/km	5:50-6:10/km	6:10-6:30/km	6:25-6:50/km
LONG RUN	4:30-4:50/km	4:55-5:15/km	5:20-5:40/km	5:30-5:55/km	5:55-6:30/km
EASY RUNNING	4:25-4:40/km	4:50-5:00/km	5:00-5:20/km	4:50-5:05/km	5:50-6:15/km
TEMPO	3:30-3:40/km	3:50-4:00/km	4:35-4:45/km	5:00-5:10/km	5:20-5:30/km
400M	1:08-1:10	1:20-1:23	1:31-1:36	1:43-1:48/km	1:53-1:58/km
200M	32sec-35sec	37sec-40sec	42sec-45sec	48sec-50sec	53sec-56sec

