



8-WEEK 5K BLOCK · BRIEFING

WEEK 2 — THE BUILD

Same paces, more of them. Extend the stimulus, sharpen the rhythm.

ATHLETE

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DATES

Wk 2 · re-entry

GOAL

Sub-20:00 5K

STEP UP

+time at VO2

VOLUME

~40 km · 4 runs

RE-ENTRY GATE — DO THIS FIRST

Before ANY hard session: run 30 min fully easy, flat, ≤ 145 bpm. Back stays quiet during the run AND the next morning → you're cleared for the full week below.

Two consecutive pain-free easy runs unlock the VO2 + threshold work. Any flare = stop, message me. And book the physio regardless of how good it feels.

WHAT WEEK 2 IS BUILDING

Week 1 proved the engine's ahead of your PB — 4:00/km reps with fuel in the tank. Week 2 doesn't chase faster; it makes that pace more durable. Progressive overload done the smart way: hold the intensity, add time at your ceiling. Your VO2 reps go from 3-minute efforts to full kilometres at the same ~4:00/km, so you accumulate more minutes at maximal oxygen uptake without redlining harder.

Threshold stretches to 2 x 12 min, the long run learns to close fast off tired legs, and the strides that dropped last week are back — that's your cheapest economy work and I don't want it vanishing. Everything still points at one thing: making sub-4:00/km feel cheap enough to hold for a full 5K.



THIS WEEK'S FOUR RUNS

RUN 1 • KEY SESSION

VO2 MAX INTERVALS

THE SESSION

15 min easy w/u → 5 x 1000m @ ~4:00/km, 3 min jog between → 10 min easy c/d.

TARGET ~4:00/km • 1–2 in reserve

WHY

The step up from Week 1: same pace, full-km reps = more time at your ceiling. Feel-governed — if the last rep is survival, ease off 3–5 sec/km. We arrive at max in Week 7, not now.

RUN 2 • QUALITY

THRESHOLD TEMPO

THE SESSION

12 min easy w/u → 2 x 12 min @ ~4:32/km, 2 min float between → 8 min easy c/d.

TARGET ~4:32/km

WHY

More threshold volume than Week 1, broken into two blocks so quality stays high. Comfortably hard — a few words, not a sentence. Fuel it: carbs 1–2 h before.

RUN 3 • AEROBIC + SPEED

EASY + STRIDES

THE SESSION

7 km easy, then 8 x 20 sec strides (relaxed, fast, full walk-back recovery).

TARGET 5:35–5:55/km • ≤145 bpm

WHY

The strides return. Quick, light 'hot-coals' turnover — free economy and the direct fix for your low cadence. Run stays genuinely easy so it recovers you for the key days.

RUN 4 • AEROBIC BASE

LONG RUN + FAST FINISH

THE SESSION

13 km relaxed, then lift the last 3 km to ~4:50/km. Controlled, not a sprint.

TARGET 5:15–5:45/km → 4:50/km

WHY

Teaches durability — closing fast on tired legs is exactly what a 5K demands late. First taste of running relaxed then shifting gear under fatigue.

SLOTting YOUR 4 LIFTS AROUND IT — KEEP THE INTERFERENCE LOW

MON	Easy + strides (Run 3) • pair a lift here if needed
TUE	VO2 intervals (Run 1) — legs fresh, no heavy legs, no class before it
WED	Upper-body / lighter lift
THU	Threshold tempo (Run 2) — carbs 1–2 h before
FRI	Lower-body lift — NO loaded hinging / RDLs until physio clears you
SAT	Long run + fast finish (Run 4)
SUN	Rest / recovery • or a lift

Two fixes from Week 1 baked in: fuel the quality runs, and never stack a fitness class straight into a hard session.



YOUR WEEK 2 PACE CARD

ZONE	PACE	FEEL
EASY / RECOVERY	5:35–5:55/km	Conversational · cap ~145 bpm
LONG RUN	5:15–5:45/km	Steady, last 3 km @ ~4:50
THRESHOLD	~4:32/km	Comfortably hard, 2 x 12 min
VO2 REPS	~4:00/km	Feel-governed · 1–2 in reserve
STRIDES	mile effort	Relaxed-fast, 20 sec x 8
GOAL PACE (ref)	3:57/km	Sub-20 target — TT early Wk 3

WHY IT STEPS UP LIKE THIS

PROGRESSIVE OVERLOAD

Hold intensity, add volume. 5 x 1000m at the same ~4:00/km means ~20 min at your ceiling vs ~15 last week — more adaptation, no extra risk.

TIME AT VO2MAX

Longer reps bank more minutes at maximal oxygen uptake, the driver of top-end 5K speed (Billat). The pace stays honest; the dose grows.

FAST FINISH = DURABILITY

Closing the long run at ~4:50 trains you to hold form and turnover when fatigued — the exact skill a 5K tests in its final km.

RE-ENTRY FIRST

After 6 days off, load returns in order: easy → long → threshold → VO2. Two clean easy runs before anything hard. Fitness doesn't vanish in a week; a rushed comeback can cost the block.

NON-NEGOTIABLES (UPDATED)

- Back first. No hard session until the re-entry gate is passed. Any leg-radiating pain, numbness or weakness = stop and see someone same day.
- NO loaded hip-hinging or RDLs in the gym until a physio has assessed you — that's what lit the niggles. Everything else can run full tilt.
- Fuel the quality runs (60–90 g carbs, 1–2 h before) and don't stack a class straight into VO2 or threshold.
- Protein 160–200 g/day, don't run a deficit, keep the 4 lifts, easy days genuinely easy.

WEEK 2 DONE RIGHT

- ☐ Re-entry easy run passed — back quiet during + next morning
- ☐ VO2: 5 x 1000m @ ~4:00, finished with 1–2 reps in reserve
- ☐ Threshold + long run + fast finish banked
- ☐ Strides done · fuelled every quality run · no stacked classes
- ☐ Physio booked / seen