

## Ben's 5-Week Sub■18 5 km Training Plan (Nov–Dec 2025)

Week	Date	Day	Session Type	Workout Details	Intensity / HR Zone	Purpose
Week 1	Mon 03 Nov	Monday	Easy Run + Pilates	5 km easy @ 5:30–5:50 /km	Z1–Z2 (125–145 bpm)	Aerobic recovery & fat-burn
Week 1	Tue 04 Nov	Tuesday	Gym (Lower Body)	Squats 3×8, lunges 3×10, calf raises 3×15, core finish	Strength / Mobility	Power output maintenance
Week 1	Wed 05 Nov	Wednesday	Pilates + Key Run	Varies weekly – see focus	Z3–Z4 (155–179 bpm)	Threshold or speed development
Week 1	Thu 06 Nov	Thursday	Swim	1.5–2 km total (6×200 m steady + drills)	Aerobic	Active recovery
Week 1	Fri 07 Nov	Friday	Gym (Upper + Core)	Bench press, rows, planks, hip work	-	Posture stability
Week 1	Sat 08 Nov	Saturday	Parkrun 5 km	Warm up 2 km + strides ×4 → 5 km race effort	Z4 (167–179 bpm)	Benchmark run
Week 1	Sun 09 Nov	Sunday	Pilates + Long Run	10–12 km @ 5:00–5:20 /km (hill option)	Z2 (135–150 bpm)	Endurance build
Week 2	Mon 10 Nov	Monday	Easy Run + Pilates	5 km easy @ 5:30–5:50 /km	Z1–Z2 (125–145 bpm)	Aerobic recovery & fat-burn
Week 2	Tue 11 Nov	Tuesday	Gym (Lower Body)	Squats 3×8, lunges 3×10, calf raises 3×15, core finish	Strength / Mobility	Power output maintenance
Week 2	Wed 12 Nov	Wednesday	Pilates + Key Run	Varies weekly – see focus	Z3–Z4 (155–179 bpm)	Threshold or speed development
Week 2	Thu 13 Nov	Thursday	Swim	1.5–2 km total (6×200 m steady + drills)	Aerobic	Active recovery
Week 2	Fri 14 Nov	Friday	Gym (Upper + Core)	Bench press, rows, planks, hip work	-	Posture stability
Week 2	Sat 15 Nov	Saturday	Parkrun 5 km	Warm up 2 km + strides ×4 → 5 km race effort	Z4 (167–179 bpm)	Benchmark run
Week 2	Sun 16 Nov	Sunday	Pilates + Long Run	10–12 km @ 5:00–5:20 /km (hill option)	Z2 (135–150 bpm)	Endurance build
Week 3	Mon 17 Nov	Monday	Easy Run + Pilates	5 km easy @ 5:30–5:50 /km	Z1–Z2 (125–145 bpm)	Aerobic recovery & fat-burn
Week 3	Tue 18 Nov	Tuesday	Gym (Lower Body)	Squats 3×8, lunges 3×10, calf raises 3×15, core finish	Strength / Mobility	Power output maintenance
Week 3	Wed 19 Nov	Wednesday	Pilates + Key Run	Varies weekly – see focus	Z3–Z4 (155–179 bpm)	Threshold or speed development
Week 3	Thu 20 Nov	Thursday	Swim	1.5–2 km total (6×200 m steady + drills)	Aerobic	Active recovery
Week 3	Fri 21 Nov	Friday	Gym (Upper + Core)	Bench press, rows, planks, hip work	-	Posture stability
Week 3	Sat 22 Nov	Saturday	Parkrun 5 km	Warm up 2 km + strides ×4 → 5 km race effort	Z4 (167–179 bpm)	Benchmark run
Week 3	Sun 23 Nov	Sunday	Pilates + Long Run	10–12 km @ 5:00–5:20 /km (hill option)	Z2 (135–150 bpm)	Endurance build

Week	Date	Day	Session Type	Workout Details	Intensity / HR Zone	Purpose
Week 4	Mon 24 Nov	Monday	Easy Run + Pilates	5 km easy @ 5:30–5:50 /km	Z1–Z2 (125–145 bpm)	Aerobic recovery & fat-burn
Week 4	Tue 25 Nov	Tuesday	Gym (Lower Body)	Squats 3×8, lunges 3×10, calf raises 3×15, core finish	Strength / Mobility	Power output maintenance
Week 4	Wed 26 Nov	Wednesday	Pilates + Key Run	Varies weekly – see focus	Z3–Z4 (155–179 bpm)	Threshold or speed development
Week 4	Thu 27 Nov	Thursday	Swim	1.5–2 km total (6×200 m steady + drills)	Aerobic	Active recovery
Week 4	Fri 28 Nov	Friday	Gym (Upper + Core)	Bench press, rows, planks, hip work	-	Posture stability
Week 4	Sat 29 Nov	Saturday	Parkrun 5 km	Warm up 2 km + strides ×4 → 5 km race effort	Z4 (167–179 bpm)	Benchmark run
Week 4	Sun 30 Nov	Sunday	Pilates + Long Run	10–12 km @ 5:00–5:20 /km (hill option)	Z2 (135–150 bpm)	Endurance build
Week 5	Mon 01 Dec	Monday	Easy Run + Pilates	5 km easy @ 5:30–5:50 /km	Z1–Z2 (125–145 bpm)	Aerobic recovery & fat-burn
Week 5	Tue 02 Dec	Tuesday	Gym (Lower Body)	Squats 3×8, lunges 3×10, calf raises 3×15, core finish	Strength / Mobility	Power output maintenance
Week 5	Wed 03 Dec	Wednesday	Pilates + Key Run	Varies weekly – see focus	Z3–Z4 (155–179 bpm)	Threshold or speed development
Week 5	Thu 04 Dec	Thursday	Swim	1.5–2 km total (6×200 m steady + drills)	Aerobic	Active recovery
Week 5	Fri 05 Dec	Friday	Gym (Upper + Core)	Bench press, rows, planks, hip work	-	Posture stability
Week 5	Sat 06 Dec	Saturday	Parkrun 5 km	Warm up 2 km + strides ×4 → 5 km race effort	Z4 (167–179 bpm)	Benchmark run
Week 5	Sun 07 Dec	Sunday	Pilates + Long Run	10–12 km @ 5:00–5:20 /km (hill option)	Z2 (135–150 bpm)	Endurance build