

# Slightly Higher Interval Training For 5k Runners: A Comprehensive Guide to Enhanced Performance

Interval training has become an indispensable component in the training regimens of 5k runners worldwide. It offers a unique blend of intensity and recovery, challenging the body to push beyond its comfort zone while allowing for necessary rest and recuperation. Among the various interval training protocols, Slightly Higher Interval Training (SHIT) has emerged as a particularly effective approach for 5k runners seeking to elevate their performance.

## What is Slightly Higher Interval Training (SHIT)?

Slightly Higher Interval Training (SHIT) is a form of interval training that involves alternating between two main segments: high-intensity intervals and slightly lower-intensity recovery intervals. The key feature of SHIT is that the intensity of the high-intensity intervals is slightly higher than the intensity of the recovery intervals.



## Slightly Higher Interval Training for 5K Runners.

by Dr Andrew Coe

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SHIT is typically performed on a running track or measured course, allowing for precise control over distance and pace. Each interval is carefully calibrated to challenge the runner while ensuring they maintain form and prevent excessive fatigue.

## Benefits of SHIT for 5k Runners

SHIT offers numerous benefits for 5k runners, including:

- **Improved lactate threshold:** SHIT forces the body to adapt to higher levels of lactate production, enhancing the runner's ability to sustain a faster pace for longer.
- **Increased VO2 max:** SHIT challenges the cardiovascular system, leading to improvements in VO2 max, the maximum volume of oxygen the body can utilize during exercise.
- **Enhanced running economy:** SHIT improves running efficiency, allowing runners to cover the same distance with less energy expenditure.
- **Boosted confidence:** Completing SHIT workouts can provide a significant psychological boost, instilling confidence in the runner's abilities.

## Sample SHIT Workout for 5k Runners

A typical SHIT workout for 5k runners might look something like this:

- Warm-up: 10 minutes of easy running

- High-intensity interval: 400 meters at 85% effort
- Recovery interval: 200 meters at 70% effort
- Repeat for 8-12 intervals
- Cool-down: 5 minutes of easy running

# COUCH TO 5K TRAINING PLAN: 8 WEEKS, FOR NON-RUNNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	1 min running / 1.5 mins walking, for 20 minutes	Rest or Cross-train	1 min running / 1.5 mins walking, for 20 minutes	Rest or Cross-train	1 min running / 1.5 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
<b>2</b>	1.5 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	1.5 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	1.5 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
<b>3</b>	2 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	2.5 mins running / 2.5 mins walking, for 20 minutes	Rest or Cross-train	2.5 mins running / 2.5 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
<b>4</b>	3 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	3 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	4 mins running / 2.5 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
<b>5</b>	5 mins running / 3 mins walking (x-3)	Rest or Cross-train	8 mins running / 5 mins walking / 8 mins running	Rest or Cross-train	20 mins running	Rest or Cross-train	Rest Day
<b>6</b>	6 mins running / 3 mins walking (x-2)	Rest or Cross-train	10 mins running / 3 mins walking / 10 mins running	Rest or Cross-train	25 mins running	Rest or Cross-train	Rest Day
<b>7</b>	25 mins running	Rest or Cross-train	25 mins running	Rest or Cross-train	25 mins running	Rest or Cross-train	Rest Day
<b>8</b>	30 mins running	Rest or Cross-train	30 mins running	Rest or Cross-train	30 mins running	Rest Day	Run 5K!

- Start off every workout with a brisk 5 minute walk to warm up!
- Don't worry about your speed - just focus on being able to keep running (even if it's slow!)
- If in doubt or feeling tired, take an extra rest day or repeat a week.
- Strength train 3 x per week.
- Get the full 8 Week Couch To 5K Training Plan • Advice at [marathonhandbook.com](http://marathonhandbook.com)

## Tips for Success with SHIT

To maximize the benefits of SHIT, it is essential to follow these tips:

- **Gradual progression:** Start with a manageable number of intervals and gradually increase the intensity and duration over time.
- **Proper pacing:** Maintain a consistent pace during the high-intensity intervals and a relaxed pace during the recovery intervals.
- **Adequate rest:** Ensure sufficient rest between workouts to allow for proper recovery and adaptation.
- **Listen to your body:** Pay attention to any signs of discomfort or fatigue, and adjust the intensity or duration of the workout accordingly.
- **Consistency:** Regular SHIT workouts are crucial for sustained improvement. Aim for at least one SHIT session per week.

Slightly Higher Interval Training (SHIT) is an effective training method for 5k runners seeking to enhance their performance. By alternating between high-intensity and slightly lower-intensity intervals, SHIT challenges the body to adapt both physiologically and psychologically. With proper execution and consistency, runners can expect improvements in their lactate threshold, VO2 max, running economy, and overall confidence levels. Embrace the challenge of SHIT and witness the transformative impact it can have on your 5k race times.



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