HYBRID CLUB

PUSH PAST YOUR LIMITS

LEVEL 3 · GOING FURTHER

THE HYBRID CHALLENGE

Faster 5km and 10km

You've done a half or full marathon, or you're training for one. Now you want quicker 5km and 10km times.

Four weeks of VO2 and threshold work on top of your long run, then a 10km time trial in week 4.

4 weeks
4 runs + 2 lifts a week

Zones
Heart rate and pace for every run

Weekly check-in
Log it, compare it, post it

How this works

Hey, we're Cooper and Erica from Hybrid Club. This is the structure we'd give a mate who wanted a month of consistent running and lifting. Follow the week page, log it on Sunday, done.

YOUR WEEK

Monday	Strength A (page 11)
Tuesday	Easy run
Wednesday	Rest or walk
Thursday	Quality run: intervals, tempo or a test
Friday	Strength B (page 11)
Saturday	Optional easy run, or rest
Sunday	Long run with the club, 7am from Good Graces, Norwest (week 1 is solo, we're away)

BEFORE WEEK 1

1	Work out your heart rate zones (page 3) and set them on your watch (page 5).
2	Do the 5km benchmark in week 1 and use it to find your paces (page 4).
3	Write your zones and paces in the boxes. Every run refers to them.

FIVE RULES

80% easy	Most runs are Zone 2. Only Thursday goes hard. Easy builds the engine.
Build slowly	Volume goes up a little each week. Week 4 eases off on purpose.
Lift twice	Heavier legs make you a more durable runner.
Fuel and sleep	Eat enough to train. This isn't a challenge to under-eat.
Pain vs effort	Sharp or worsening pain means stop and see a physio.

Missed a session? Skip it, don't double up. Your cycle can push HR up a few beats in the second half, go by feel.

Your heart rate zones

Every run in this plan names a zone. Zones are a % of your max heart rate, the same way Garmin sets them by default.

Zone	% max HR	Name	Talk test	Used for
Z1	50–60%	**Recovery**	Chat all day	Warm-ups, cool-downs, walk breaks
Z2	60–70%	**Easy**	Full sentences	Most of your running. Builds your engine
Z3	70–80%	**Steady**	Short sentences	Steady blocks, end of long runs
Z4	80–90%	**Threshold**	A few words	Intervals and tempo
Z5	90–100%	**Max**	Can't talk	Short, hard reps and the final kick

EXAMPLE ZONES BY AGE

Max HR estimated as 220 minus your age. It's a starting point, real max HR varies a lot. If you've seen a higher number on your watch, use that.

Age	Max HR	Z1	Z2	Z3	Z4	Z5
20	200	100–120	120–140	140–160	160–180	180–200
25	195	98–117	117–136	136–156	156–176	176–195
30	190	95–114	114–133	133–152	152–171	171–190
35	185	92–111	111–130	130–148	148–166	166–185
40	180	90–108	108–126	126–144	144–162	162–180
45	175	88–105	105–122	122–140	140–158	158–175

MY ZONES (BPM)

Max HR	Z1	Z2	Z3	Z4	Z5

Wrist HR lags at the start of intervals and can spike in the cold. If the number and the talk test disagree, trust the talk test. Heat, hills, stress and poor sleep all push HR up.

Your pace guide

After your 5km benchmark, find the closest row. These are your paces per km for the rest of the month.

5km time	Easy · Z2	Steady · Z3	Threshold · Z4	Interval · Z4–5	5km pace
20:00	4:54–5:27	4:26–4:42	4:16	3:55	4:00
22:00	5:22–5:57	4:51–5:09	4:40	4:17	4:24
24:00	5:50–6:27	5:16–5:35	5:04	4:39	4:48
26:00	6:17–6:57	5:41–6:01	5:28	5:01	5:12
28:00	6:44–7:27	6:05–6:28	5:52	5:23	5:36
30:00	7:11–7:56	6:30–6:53	6:16	5:45	6:00
32:00	7:37–8:25	6:55–7:19	6:40	6:07	6:24
34:00	8:04–8:53	7:19–7:45	7:03	6:29	6:48
36:00	8:30–9:22	7:43–8:10	7:27	6:51	7:12
38:00	8:56–9:50	8:07–8:36	7:51	7:13	7:36
40:00	9:22–10:18	8:32–9:01	8:14	7:35	8:00

MY PACES (PER KM)

My 5km time	Easy	Steady	Threshold	Interval

HEART RATE OR PACE?

Easy runs	Go by heart rate and the talk test. Pace will vary day to day.
Intervals	Go by pace. HR takes 1–2 minutes to catch up on short reps.
Hills and heat	Ignore pace, hold the zone. Slower is fine.
Easy feels slow?	Normal. Easy pace is often 1–2 min/km slower than 5km pace.

Paces come from Jack Daniels' VDOT running formula, the same one most coaching apps use.

How to track your runs

Track every run so you can fill in your Sunday check-in. Whatever you use, send it to Strava and join the Hybrid Club Strava club.

GARMIN

1	Garmin uses % of max HR zones by default, matching this guide.
2	Check your max HR: Settings › User Profile › Heart Rate, or in Garmin Connect.
3	Start the Run activity, wait for GPS, press start. Add a HR zone data screen.
4	Link to Strava: Strava app › Settings › Applications, Services and Devices › Garmin.

APPLE WATCH

1	Add your date of birth in the Health app. Apple needs it to set zones.
2	Apple works zones out differently, so set ours: Watch app › Workout › Heart Rate Zones › Manual.
3	Start Outdoor Run in the Workout app. Turn the Digital Crown to the Heart Rate Zone view.
4	Link to Strava: Strava app › Settings › Applications, Services and Devices › Health.

NO WATCH? USE YOUR PHONE

1	Download Strava (free). Turn on location for the app.
2	Tap Record, choose Run, then Start. Keep your phone on you.
3	Stop and save at the end. You'll get distance, time and pace.
4	No heart rate without a watch or strap, so use the talk test for your zones.

WHAT TO LOOK AT AFTER A RUN

Avg HR	Was the easy run actually in Zone 2? If not, slow down next time.
Splits	On intervals, were the reps even? Fading reps mean you started too fast.
Time in zones	Over the week, most of your time should be Z1–2.

Your month at a glance

Four weeks of VO2 and threshold work on top of your long run, then a 10km time trial in week 4.

Week 1	Baseline and VO2	205 min running
Week 2	Threshold	225 min running
Week 3	Peak week	235 min running
Week 4	Ease off and test	135 min running

TICK IT OFF

Print this page. One tick per session, stick it somewhere you'll see it.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Mon	Lift A	Lift A	Lift A	Lift A
Tue	Run	Run	Run	Run
Wed	Rest	Rest	Rest	Rest
Thu	Run	Run	Run	Run
Fri	Lift B	Lift B	Lift B	Lift B
Sat	Run / rest	Run / rest	Run / rest	Run / rest
Sun	Solo run	Club run	Club run	Club run

Name

Start date

WEEK 1 OF 4

Baseline and VO2

Strength A on Monday, Strength B on Friday, see page 11. Every run starts with 5 minutes walking.

Tue · Easy run — 45 min

Zone 2 for 45 minutes. Truly easy so Thursday can be hard.

Zone **Z2** Heart rate **60–70%** of max Pace **Easy**

Thu · VO2 intervals — 55 min

15 minutes Zone 2, then 5 × 1km at interval pace with 2 minutes easy jog between, then 10 minutes Zone 2. Last rep same pace as the first.

Zone **Z2 / Z4–5** Heart rate **80–100%** of max Pace **Easy / Interval**

Sat · 5km benchmark (optional 4th run) — 35 min

10 minutes Zone 2, then 5km time trial at Zone 4 to 5, then 5 minutes easy. Note time and HR on page 12.

Zone **Z4–5** Heart rate **80–100%** of max Pace **5km pace**

Sun · Long run · solo this week — 70 min

No club run this week, we're away. Run 12km on your own route in Zone 2. Conversational the whole way.

Zone **Z2** Heart rate **60–70%** of max Pace **Easy**

SUNDAY CHECK-IN · WEEK 1

Lift A ☐ Run ☐ Run ☐ Run ☐ Lift B ☐ Sun run ☐

Total km | Time in Z2 | Sunday run time | Sunday avg HR

Energy ◯1 ◯2 ◯3 ◯4 ◯5

Sleep ◯1 ◯2 ◯3 ◯4 ◯5

Soreness ◯1 ◯2 ◯3 ◯4 ◯5

Win of the week

What got in the way

One change for next week

WEEK 2 OF 4

Threshold

Strength A on Monday, Strength B on Friday, see page 11. Every run starts with 5 minutes walking.

Tue · Easy run + strides — 55 min

Zone 2 for 50 minutes, then 6 × 20-second strides with a walk back.

Zone **Z2 / Z4** Heart rate **80–90%** of max Pace **Easy, then fast**

Thu · Threshold reps — 55 min

15 minutes Zone 2, then 3 × 8 minutes at threshold pace with 2 minutes easy jog between, then 10 minutes Zone 2. Comfortably hard, even pace.

Zone **Z2 / Z4** Heart rate **80–90%** of max Pace **Easy / Threshold**

Sat · Easy run (optional) — 35 min

Zone 2 for 35 minutes, or take the day off.

Zone **Z2** Heart rate **60–70%** of max Pace **Easy**

Sun · Long run · club run — 80 min

Loop plus extra, 14km total, Zone 2. Practise taking water if it's warm.

Zone **Z2** Heart rate **60–70%** of max Pace **Easy**

SUNDAY CHECK-IN · WEEK 2

Lift A ☐ Run ☐ Run ☐ Run ☐ Lift B ☐ Club run ☐

Total km

Time in Z2

Sunday run time

Sunday avg HR

Energy ◯1 ◯2 ◯3 ◯4 ◯5

Sleep ◯1 ◯2 ◯3 ◯4 ◯5

Soreness ◯1 ◯2 ◯3 ◯4 ◯5

Win of the week

What got in the way

One change for next week

Post your win in the group chat on Sunday. Someone else needs to hear it.

WEEK 3 OF 4

Peak week

Strength A on Monday, Strength B on Friday, see page 11. Every run starts with 5 minutes walking.

Tue · Easy run — 50 min

Zone 2 for 50 minutes. Stay relaxed.

Zone **Z2** Heart rate **60–70%** of max Pace **Easy**

Thu · VO2 intervals — 60 min

15 minutes Zone 2, then 6 × 1km at interval pace with 2 minutes easy jog between, then 10 minutes Zone 2. Your hardest session of the month.

Zone **Z2 / Z4–5** Heart rate **80–100%** of max Pace **Easy / Interval**

Sat · Easy run (optional) — 35 min

Zone 2 for 35 minutes, or take the day off.

Zone **Z2** Heart rate **60–70%** of max Pace **Easy**

Sun · Long run · club run — 90 min

Loop plus extra, 16km total. Zone 2, with the last 3km at Zone 3.

Zone **Z2–3** Heart rate **60–80%** of max Pace **Easy, finish steady**

SUNDAY CHECK-IN · WEEK 3

Lift A ☐ Run ☐ Run ☐ Run ☐ Lift B ☐ Club run ☐

Total km

Time in Z2

Sunday run time

Sunday avg HR

Energy ◯1 ◯2 ◯3 ◯4 ◯5

Sleep ◯1 ◯2 ◯3 ◯4 ◯5

Soreness ◯1 ◯2 ◯3 ◯4 ◯5

Win of the week

What got in the way

One change for next week

Post your win in the group chat on Sunday. Someone else needs to hear it.

WEEK 4 OF 4

Ease off and test

Strength A on Monday, Strength B on Friday, see page 11. Every run starts with 5 minutes walking.

Tue · Easy run — 40 min

Zone 2 for 40 minutes. Lighter week so you're fresh.

Zone **Z2** Heart rate **60–70%** of max Pace **Easy**

Thu · Threshold sharpener — 45 min

15 minutes Zone 2, then 2 × 8 minutes at threshold pace with 2 minutes easy between, then 10 minutes Zone 2. Finish wanting more.

Zone **Z2 / Z4** Heart rate **80–90%** of max Pace **Easy / Threshold**

Sat · Rest — —

Day off. Legs up. Kit out for tomorrow.

Zone **Z1** Heart rate **50–60%** of max Pace **Rest**

Sun · 10km test · club run — 50 min

Loop plus extra, 10km total, run as a time trial. Even pace at Zone 4, push the last 2km. Compare with your previous best.

Zone **Z4–5** Heart rate **80–100%** of max Pace **Threshold+**

SUNDAY CHECK-IN · WEEK 4

Lift A ☐ Run ☐ Run ☐ Run ☐ Lift B ☐ Club run ☐

Total km

Time in Z2

Sunday run time

Sunday avg HR

Energy ◯1 ◯2 ◯3 ◯4 ◯5

Sleep ◯1 ◯2 ◯3 ◯4 ◯5

Soreness ◯1 ◯2 ◯3 ◯4 ◯5

Win of the week

What got in the way

One change for next week

Post your win in the group chat on Sunday. Someone else needs to hear it.

Strength for runners

Two weights sessions a week. Heavier legs and glutes mean more durable running and a stronger finish.

3 sets, rest 90 seconds. Pick a weight where the last 2 reps are hard but clean. Add a little weight each week. Warm up with 5 minutes easy cardio and a light set of each lift.

STRENGTH A · MONDAY

Back squat or goblet squat	Chest up, full depth you can control	**3 × 8**
Romanian deadlift	Hips back, flat back, feel the hamstrings	**3 × 8**
Walking lunge (dumbbells)	Long step, knee tracks over toes	**3 × 10 / leg**
Hip thrust	Squeeze at the top, ribs down	**3 × 10**
Standing calf raise	Slow on the way down	**3 × 12**

STRENGTH B · FRIDAY

Trap bar or dumbbell deadlift	Brace, push the floor away	**3 × 6**
Bulgarian split squat	Back foot on a bench	**3 × 8 / leg**
Step-up (dumbbells)	Drive through the top foot	**3 × 8 / leg**
Single-arm dumbbell row	Pull elbow to hip	**3 × 10 / side**
Dumbbell shoulder press	Ribs down, no arching	**3 × 10**
Single-leg calf raise	Hold a dumbbell	**3 × 10 / leg**

TRACK YOUR LIFTS (WEIGHT USED)

Lift	Week 1	Week 2	Week 3	Week 4
Squat				
Romanian deadlift				
Hip thrust				
Deadlift				

Keep Friday's session controlled, Sunday's long run is two days later.

Your benchmarks

Running goals, not gym tests. Fill in the start, fill in the end, and compare.

Benchmark	Start	End	Change
5km time Saturday, week 1			
10km time Sunday, week 4			
Average HR on each Same runs			

Same time, lower heart rate means you're fitter, even if the clock barely moved.

MY GOAL FOR THE MONTH

WHAT I'LL DO NEXT MONTH

WHAT'S NEXT

Sunday run	7am, Good Graces Norwest. Every week, every pace.
Level up	Finished Going Further? Ask us for the next level.
Bring a mate	Bring someone new on Sunday and you're in the weekly draw.

General information for healthy adults, not medical advice or individual coaching. Heart rate zones are estimates. Check with your GP before starting a new exercise program, especially with an injury, a health condition, or if pregnant or postpartum. Stop if you feel pain, dizziness or chest discomfort. You train at your own risk.