

A black and white photograph of a man running in a city setting. He is wearing a white t-shirt, black shorts, and white sneakers with black stripes. He is running on a paved sidewalk next to a large concrete pillar. In the background, there are other buildings and a woman walking. The overall scene is urban and athletic.

# 30-DAY STRONG 5K

A COMPREHENSIVE 30-DAY PROGRAM TO BUILD THE STRENGTH, ENDURANCE, AND  
CONFIDENCE NEEDED TO DOMINATE YOUR UPCOMING 5K RACE

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# YOUR COMPLETE GUIDE

In four weeks, this program, based on what helped me succeed in running, will guide you whether you're new or aiming for a personal record in a 5K race.

Before you start, make sure to read all the materials.

Consistency and patience are your allies on this journey and is a key to succeeding.

If you stick to this plan every day, even when motivation is low, you're likely to succeed. Always trust the process.

**Keep in mind, you have the best understanding of your body. If rest is necessary to prevent injuries, don't hesitate to take it. Use your wisdom and have confidence in your decisions**

# Going Farther

I embrace the principle of Going Farther, a motivating mantra that drives me to expand my limits, step out of my comfort zones, and enhance my skills, performance, and endurance. It's setting audacious goals and relentlessly surpassing them. This mindset demands dedication, relentless effort, and embracing challenges to elevate athleticism. It's an unceasing journey of physical and mental growth, all in the pursuit of becoming the best human and athlete possible.

**I encourage you to share your running journey on social media, tag me @FennecAthletics & @Jabriwild, and use the hashtag #GoingFarther to inspire others with your progress**





# ESSENTIALS

**Below is a list of the Running Gear and Nutrition products that I personally favor and utilize for my training:**

LONG RUN: Adidas Adizero Adios Pro 3 & Boston 11,12

EASY RUN: Adidas Adizero Takumi Sen 9 & UB Light

ENERGY GELS: OTE Sports & Maurten

ELECTROLYTES: OTE Sports & Nuun

RUNNING WATCH: Garmin Forerunner 265 & FENIX

RECOVERY DEVICE: WHOOP

PRE-WORKOUTS: 2 BEFORE PERFORMANCE

HAT: FA ENDUR "soon "

WATER BOTTLE: FA PERFORMANCE BOTTLE "soon "

Strength Gym: SweatbyBXR Studio

Recovery & Mobility: FS8 Studio

Sunglasse: Oakley and adidas

Diet Health Center: Dieture

# TYPES OF WORKOUTS

## RUN + WALK

The bulk of your training will consist of a run + walk combination. You will run for the assigned time at an easy effort (unless otherwise specified), then stop and walk for the assigned time. You'll repeat this for the set number of intervals. I recommend programming the workout into your running watch beforehand to make it easier to remember.

## REST OR RECOVERY

Rest days can help significantly to speed up your recovery and allow you to come back fresh. Consider implementing short (30-45 min) low-intensity and low-impact Active Recovery sessions on your rest days. This can be anything that helps promote blood flow and joint movement. I would recommend any of the following: walking, swimming, biking, yoga, rowing, or sauna.

## EASY RUNS

Most of your runs will be at an "Easy Effort". This is when you'll be building aerobic endurance. Your Easy Runs should truly feel easy. If they feel difficult, you are running too fast. The best metric to use to ensure you're running easy enough is your heart rate using the MHR-180 Method. Your pace during Easy Runs does not matter. As long as you are keeping your heart rate under your Max Heart Rate, you are running easy enough. To find your Max Heart Rate, use the formula below.

$$180 - \text{Your Age} = \text{Max Heart Rate}$$

## STRENGTH

There will be 3 Strength sessions per week. Please see the corresponding workouts on the last two pages of the program. Each session should take between 30-60 minutes. Because running is the priority in this program, I recommend running first, then Strengthening, when completing both in the same day.

## SPEED WORKOUTS

You will complete one Speed Workout each week. These workouts will get your legs and feet moving faster than your normal easy pace. This helps build anaerobic endurance as well as train your legs to "turn over" faster. Make sure to be strict on your rest periods. It's important to do the workout from start to finish without taking prolonged break periods.

# FIND YOUR PACE

To determine your accurate training paces, you'll require your timing for a minimum of one of the race distances specified in the chart on the following page. Utilize either your latest race result or the target time you're striving for. In the absence of a recent race or a specific goal time, you might contemplate establishing your starting point by testing one of the distances.

Pace [min/km]	Speed [km/h]	5 km	10 km	HM	M
5'35"	10.7	27'55"	55'50"	1h57'48"	3h55'35"
5'40"	10.6	28'20"	56'40"	1h59'33"	3h59'06"
5'45"	10.4	28'45"	57'30"	2h01'19"	4h02'37"
5'50"	10.3	29'10"	58'20"	2h03'04"	4h06'08"
5'55"	10.1	29'35"	59'10"	2h04'50"	4h09'39"
6'00"	10	30'00"	1h00'00"	2h06'35"	4h13'10"
6'05"	9.9	30'25"	1h00'50"	2h08'21"	4h16'41"
6'10"	9.7	30'50"	1h01'40"	2h10'06"	4h20'12"
6'15"	9.6	31'15"	1h02'30"	2h11'52"	4h23'43"
6'20"	9.5	31'40"	1h03'20"	2h13'37"	4h27'14"

# RUNNING PROGRAM

Before you start running, make sure to engage in a dynamic warm-up to properly prepare your muscles and prevent potential injuries.

Begin with dynamic stretches that mimic the motions of running, such as leg swings, arm circles, and hip circles. This helps increase blood flow to your muscles and improves their flexibility. With gentle move your joints through their full range of motion. This lubricates the joints and prepares them for the impact of running.

Ensure you're adequately hydrated before you start your warm-up. Dehydrated muscles are more prone to injury.

Lastly, trust your body. If something doesn't feel right during your warm-up, address it before you start your run.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	8x (1:00 EASY RUN, 1:00 WALK)	Active Recovery	10x (1:00 RUN at 5K PACE, 1:00 WALK)	Active Recovery	8x (1:00 EASY RUN, 1:00 WALK)	5x (4:00 EASY RUN, 2:00 WALK)	Active Recovery
WEEK 2	6x (2:00 EASY RUN, 1:00 WALK)	Active Recovery	8x (2:00 RUN at 5K PACE, 1:00 WALK)	Active Recovery	6x (2:00 EASY RUN, 1:00 WALK)	4x (6:00 EASY RUN, 2:00 WALK)	Active Recovery
WEEK 3	4x (4:00 EASY RUN, 1:00 WALK)	Active Recovery	6x (3:00 RUN at 5K PACE, 1:00 WALK)	Active Recovery	4x (4:00 EASY RUN, 1:00 WALK)	3x (10:00 EASY RUN, 2:00 WALK)	Active Recovery
WEEK 4	10x (2:00 EASY RUN, 1:00 WALK)	Active Recovery	Active Recovery	8x (1:00 EASY RUN, 1:00 WALK)	Rest or Active Recovery	<b>RACE DAY - 5K</b>	Active Recovery

# STRENGTH PROGRAM

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	UPPER BODY PULL	Active Recovery	LOWER BODY	Active Recovery	CORE & MOBILITY	Active Recovery	Active Recovery
WEEK 2	UPPER BODY PULL	Active Recovery	LOWER BODY	Active Recovery	CORE & MOBILITY	Active Recovery	Active Recovery
WEEK 3	UPPER BODY PULL	Active Recovery	LOWER BODY	Active Recovery	CORE & MOBILITY	Active Recovery	Active Recovery
WEEK 4	FULL BODY	CORE & MOBILITY	Active Recovery	Active Recovery	Active Recovery	<b>RACE DAY - 5K</b>	Active Recovery

# STRENGTH PROGRAM

UPPER BODY PULL	UPPER BODY PUSH	LOWER BODY	CORE AND MOBILITY
PULL-UP 4 SETS TO FAILURE	BENCH PRESS 4 SETS OF 5	GOBLET SQUAT 4 SETS OF 8	BICYCLE 3 SETS OF 20
WIDE GRIP CABLE LAT PULLDOWN 3 SETS OF 10	INCLINE DUMBBELL BENCH PRESS 3 SETS OF 10	ROMANIAN DEADLIFT 3 SETS OF 8	PLANK 3 SETS OF 30 SEC
BENT-OVER DUMBBELL ROW 3 SETS OF 10 (EACH SIDE)	LYING DUMBBELL FLY 3 SETS OF 10	BOX STEP-UP 3 SETS OF 8 (EACH SIDE)	SIDE PLANK 3 SETS OF 30 SEC (EACH SIDE)
SEATED CABLE ROW 3 SETS OF 10	LATERAL DUMBBELL RAISE 3 SETS OF 10	BULGARIAN SPLIT SQUAT 3 SETS OF 8 (EACH SIDE)	RUSSIAN TWIST 3 SETS OF 20
KETTLEBELL HIGH PULL 3 SETS OF 10	SEATED DUMBBELL SHOULDER PRESS 3 SETS OF 10	REVERSE LUNGE 3 SETS OF 8 (EACH SIDE)	LEG RAISES 3 SETS OF 15
DUMBBELL BICEP CURL 3 SETS OF 10 (EACH SIDE)	CABLE TRICEP EXTENSION 3 SETS OF 10	KETTLEBELL SWING 3 SETS OF 10	MOUNTAIN CLIMBERS 3 SETS OF 30
PULL-UP 2 SETS TO FAILURE	PUSH-UP 2 SETS TO FAILURE	WALL SIT 2 SETS TO FAILURE	CALF RAISE 3 SETS OF 20

# Abdulla Al-Jabri

Jabri's journey took an inspiring turn as he established Fennec Athletics in 2020 during COVID. Back when he was just 14 years old, Jabri confronted the challenge of psychogenic stuttering, a condition that made public speaking and self-expression a struggle due to the added layer of social anxiety and depression. The twist in this tale is that what once seemed like a heavy burden has now transformed into an unexpected blessing.

Driven by desire to not only overcome his own obstacles but also to extend a helping hand to those grappling with their own difficulties, Jabri channeled his aspirations into the creation of Fennec Athletics. As this venture took shape, he embarked on a parallel journey of personal growth and development and finding inspiration in the symbolism of the fennec fox. This small desert-dwelling creature, raised in the Arabian desert known for its strength, endurance, speed, adaptation and determination, and it came to represent the qualities he wanted to include in his project.

Jabri's aim was to evolve into a better version of himself, recognizing that his own growth would enable him to better inspire and assist others. Balancing his commitments with a full-time role at Aspire Academy, he took on the admirable feat of earning certifications as a Performance coach and Nutritionist. Guided by his unwavering faith, Jabri aspired not just to be a positive influence for his close circle of friends and family.

Over the past years, Jabri been on an unceasing journey of learning, toiling, and aspiring to become a superior adventurer and runner. In this time, Jabri participated in numerous 5k, 10, half marathons, marathons, conquered highest mountains in Africa and Europe. The key lies in commitment, unwavering effort, and the virtue of patience. Today, Jabri pursuit revolves around cultivating Strength, Going farther, and extending hit limits daily.

