**Stop over thinking your run training**   
Keep it simple you don't need all the fancy gear shoes watches etc Become a better runner by keeping it simple and consistent with these 3 things:  
**1 Your long Runs** should be steady, this helps build your endurance and mental Toughness. Run Chilled in Zone 2: add  1 - 2kms every couple of weeks depending on how you feel   
**2 Interval sessions.** add one or 2 each week 30 to 45 minutes each week this helps improve speed and recovery and prepares you for race days. For example 5 x 5 mins at threshold/tempo pace with 1or 2 mins Recovery between each set. Or 6 x 800mtrs at you 5k pace again with 2 or 3 mins Recovery between each 800mtrs.  
**3 Very Easy run.** Why? Because you can concentrate on posture form and volume. This should be really really easy running staying very relaxed.  
Doing these 3 types of sessions weekly and consistently will  help make you become a better solid consistent runner:  
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