



# INTERMEDIATE 5K TRAINING PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTAL TOTAL MILES
<b>WEEK 1</b>	REST	RUN/WALK 20 MINUTES	CROSS TRAIN	RUN/WALK 20 MINUTES	CROSS TRAIN	REST	RUN/WALK 20 MINUTES	
<b>WEEK 2</b>	REST	RUN 3 MIN, WALK 1 MIN, (20 MINUTES)	CROSS TRAIN	RUN 3 MIN, WALK 1 MIN, (20 MINUTES)	CROSS TRAIN	REST	RUN 3 MIN, WALK 1 MIN, (20 MINUTES)	
<b>WEEK 3</b>	REST	RUN 1-2 MILES	CROSS TRAIN	RUN 1-2 MILES	CROSS TRAIN	REST OR OPTIONAL RUN	RUN 1-2 MILES	4-6 MILES
<b>WEEK 4</b>	REST	RUN 1-2 MILES	CROSS TRAIN	RUN 1-2 MILES	CROSS TRAIN	REST OR OPTIONAL RUN	RUN 1-2 MILES	4-6 MILES
<b>WEEK 5</b>	REST	RUN 3 MIN, WALK 1 MIN, (20 MINUTES)	CROSS TRAIN	RUN 3 MIN, WALK 1 MIN, (20 MINUTES)	CROSS TRAIN	REST OR OPTIONAL RUN	RUN 3 MIN, WALK 1 MIN, (20 MINUTES)	1.5-3 MILES
<b>WEEK 6</b>	REST	RUN 2 MILES	CROSS TRAIN	RUN 2 MILES - TEMPO	CROSS TRAIN	REST OR OPTIONAL RUN <small>optional progression run</small>	RUN 3 MILES	7 MILES
<b>WEEK 7</b>	REST	RUN 2 MILES	CROSS TRAIN	2-4X 800M INTERVALS (3 MILES TOTAL)	CROSS TRAIN	REST OR OPTIONAL RUN	RUN 3.5 MILES	7.5 MILES
<b>WEEK 8</b> <small>down week</small>	REST	RUN 2 MILES (EASY)	CROSS TRAIN	RUN 2 MILES (EASY)	CROSS TRAIN	REST OR OPTIONAL RUN	RUN 2 MILES (EASY)	6 MILES
<b>WEEK 9</b>	REST	RUN 2 MILES	CROSS TRAIN	3 MILES - TEMPO	CROSS TRAIN	REST OR OPTIONAL RUN <small>optional progression run</small>	RUN 4 MILES	9 MILES
<b>WEEK 10</b>	REST	RUN 2.5 MILES	CROSS TRAIN	4-6X 400M INTERVALS (3 MILES TOTAL)	CROSS TRAIN	REST OR OPTIONAL RUN	RUN 4 MILES	9.5 MILES
<b>WEEK 11</b> <small>taper begins</small>	REST	RUN 2 MILES (EASY)	CROSS TRAIN	RUN 2 MILES	CROSS TRAIN	REST	RUN 2 MILES (EASY)	6.5 MILES
<b>WEEK 12</b> <small>taper</small>	REST	RUN 2 MILES	CROSS TRAIN	2-3X 400 (2 MILES TOTAL)	CROSS TRAIN	REST	<b>RACE 5K</b>	10.2 MILES

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On weeks 1 and 2, don't worry much about your mileage. Just get some time on your feet!

### TEMPO

Run easy for 10 minutes to warm up, then gradually increase your speed for the middle part of your run and then slow it back down. You want to have 1-2 miles in the middle at your goal race pace. If you aren't sure, just push comfortably hard for 10-20 minutes. It should be a 6-7 on a scale of 1-10.

### INTERVALS

Run easy for 10 minutes to warm up. Then do 2-6 sets of 800m repeats, with 400m jog in between each. (That's half a mile of pushing with a quarter mile of jogging VERY easy.) Walk on the recovery if you need to. On the repeats, you should run faster than your goal pace. If you don't know your goal pace, aim for an 8 on a scale of 1-10. You aren't going all out but it's harder than a tempo pace. Screen reader support enabled.

### CROSS-TRAINING

This is a day to minimize impact on your body. Good options are cycling, elliptical, swimming, hiking or even a power walk.

### LONG RUN

The goal here is just time on your feet. Speed does NOT matter. Run very easy. You should be able to speak in complete sentences.

A note about strength training: If you want to do strength training, it's best to do it the same day as your workout run, after you've finished your run. That allows your cross-training and easy days to be truly easy and allow the body to recover.