

## 5k Intermediate training plan – Approximately 25 mins

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest	15 mins tempo run	20 mins easy run or cross train	20 mins easy run	Rest	20 mins easy run	35 mins steady run
Week 2	Rest	24 mins Interval: 2mins hard 1 min easy Repeat 8 times	20mins easy run or cross train	24mins 10 mins tempo ,2 mins easy Repeat 2 times	Rest	25 mins easy run	40 mins steady run
Week 3	Rest	22 min Interval: 3 mins fast run, 1:30 min easy run, Repeat 5 times	20 mins easy run or cross train	20 mins tempo run	Rest	20 - 30 mins easy run	45 mins steady run
Week 4	Rest	30 mins interval: 1 min fast run, 1 min easy run, Repeat 12-15 times	Rest	30 mins steady run	Rest	20 mins easy run	35 mins steady run
Week 5	Rest	26:30 mins Interval: 3 mins fast run, 1:30 min easy run, Repeat 6 times	Rest	30 mins steady run	Rest	30mins easy run	45 mins steady run
Week 6	Rest	30 mins interval: 1min hard 1 min easy repeat 12-15 times	Rest	28 mins 6 mins tempo run, 1 min easy run, Repeat 4 times	Rest	25 mins easy run	50 mins easy run
Week 7	Rest	30 mins Interval: 2 mins fast run, 1 min easy run, Repeat 10 times	Rest	36mins 10 mins tempo run, 2 mins easy run, Repeat 3 times	Rest	20 mins easy run	45 mins steady run
Week 8	Rest	12 mins Interval: 1 min fast run, 1 min easy run, Repeat 6 times	Rest	30 mins steady run	Rest	Rest	5k race

**Tempo Run** – A faster paced workout described as ‘comfortably hard’.

**Easy Run** – 50%-75% of your usual training pace.

**Cross Train** – An alternative cardio workout eg. Cycling or swimming

**Fast Run** – A faster paced run that can not be sustained for more than a few minutes.