

Training Plans • 5K Intermediate



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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

Week 11

Week 1



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles: Slow easy distance day.	5 miles: Relaxed run.	6 miles: Relaxed run.	5 miles: Relaxed run.	Rest.	5 miles: Relaxed run.	Workout: 3x 5 min. tempo with 1 min. recovery between each. Be sure to warm-up and cool down before and after speed sessions.

Notes:

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles: Slow easy distance day.	5 miles: Relaxed run. 6x 100M strides.	6 miles: Relaxed run.	5 miles: Relaxed run.	6 miles: Relaxed run.	Rest.	Workout: 15 minutes continuous tempo, plus warm-up and cool down.

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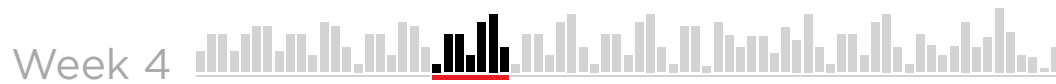
Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles: Slow easy distance day.	5 miles: Relaxed run. 6x 100M strides.	6 miles: Relaxed run. 5x 1 min. pick ups with 2 minute recovery pace between each.	7 miles: Relaxed run.	5 miles: Relaxed run.	Rest.	Workout: 4x 5 min. tempo pace with 1 minute recovery plus warm-up and cool down.

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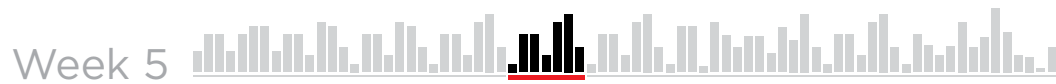
Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles: Slow easy distance day.	5 miles: Relaxed run. 6x 100M strides.	7 miles: Relaxed run. 5x 1 min. pick ups with 2 minute recovery pace between each.	7 miles: Relaxed run.	5 miles: Relaxed run.	Rest.	Workout: 20 minutes continuous tempo.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles: Slow easy distance day.	5 miles: Relaxed run. 5x 100M strides.	6 miles: Relaxed run. 6x 90 second pick ups with 2 minute recovery pace between each.	5 miles: Relaxed run.	8 miles: Relaxed run.	Rest.	Workout (Track Day): 3KM time trail or 1 mile. 3 minute rest. 2x 800 2 minute rest. 2x 400

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
<p>10 miles: Slow easy distance day.</p>	<p>5 miles: Relaxed run. 5x 100M strides.</p>	<p>6 miles: Relaxed run. 6x 2 minute pick ups with 2 minute recovery pace between each.</p>	<p>5 miles: Relaxed run.</p>	<p>8 miles: Relaxed run.</p>	<p>Rest.</p>	<p>Workout: 5x 5 min tempo with 1 minute recovery between each.</p>

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles: Slow easy distance day.	6 miles: Relaxed run. 5x 100M strides.	7 miles: Relaxed run. 5x 3 minute pick ups with 3 minute recovery pace between each.	5 miles: Relaxed run.	8 miles: Relaxed run.	Rest.	Workout: 25 minutes continuous tempo.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles: Slow easy distance day.	6 miles: Relaxed run. 5x 100M strides.	Track Day: 8x 400M with 1 lap recovery.	5 miles: Relaxed run.	8 miles: Relaxed run.	Rest.	Workout: 25 minutes continuous tempo.

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Week 9



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11 miles: Slow easy distance day.	6 miles: Relaxed run. 5x 100M strides.	Track Day: 10x 400M with 1 lap recovery.	5 miles: Relaxed run.	8 miles: Relaxed run.	Rest.	Workout: 25 minutes continuous tempo.

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Week 10



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles: Slow easy distance day.	6 miles: Relaxed run. 5x 100M strides.	Track Day: 1600M 1200M 800M 400M All at 5K pace with 1 400M jog recovery.	5 miles: Relaxed run.	5 miles: Relaxed run.	Rest.	Workout: 1 mile time trial.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
7 miles: Slow easy distance day.	5 miles: Relaxed run. 5x 100M strides.	Workout: 6x 400M with 2 minutes recovery.	4 miles: Relaxed run.	5 miles: Relaxed run.	Rest.	Race day!

Notes:
