



SAMPLE INTERMEDIATE 5K TRAINING PROGRAM

The following plan is designed to help individuals trying to improve their 5k run time. It uses a combination of speed and distance to build a base and decrease time. Runners using this plan should have a solid fitness base and be able to run 5 miles comfortably. In addition to the daily workout, be sure to include a proper warm-up and cool down.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	3 miles	Rest	4 x 400 meters Speed Work	Rest	3 miles	5 miles	3 miles
Week 2	3 miles	Rest	30 minute Tempo Run	Rest	3 miles	30 minute Tempo Run	Cross-train
Week 3	3 miles	Rest	5 x 400 meters Speed Work	Rest	3 miles	4 miles	Cross-train
Week 4	3 miles	Rest	35 minute Tempo Run	Rest	3 miles	4 mile Tempo Run	6 miles
Week 5	3 miles	Rest	6 x 400 meters Speed Work	Rest	3 miles	5 miles	7 miles
Week 6	3 miles	Rest	30 minute Tempo Run	Rest	3 miles	Rest	5K Race

KEY:

Warm-up: Use an active warm-up and walk five minutes at an easy pace before every run.

Cool down: Walk five minutes at an easy pace and stretch/foam roll after every run.

Tempo Runs: A tempo run is a continuous run with a buildup in the middle to near race pace. Begin with 10-15 minutes easy running, build to 10-20 minutes near the middle, then 5-10 minutes easy toward the end. Buildup should be gradual, with peak speed coming about two-thirds into the workout and only for a few minutes.

Speedwork: Run the 400s at about the pace you would run in a 5-K race. Walk or jog between each repeat.

Cross-training: Swimming, or cycling, walking, other forms of aerobic training or strength training are all good forms of cross-training. Cross-training days should be considered easy days to allow recovery from the rest of the week.

DISCLAIMER AND RELEASE OF LIABILITY: Participating in a marathon, whether running or walking, has inherent risks involved and could potentially be considered a hazardous activity. Not only the numerous injuries that you may incur by training and running in these events, but past history has shown that some runners have died during and upon completion of a marathon. GOLD IN SEPTEMBER are not responsible for any injuries or deaths. You must have medical clearance from your doctor before you engage in any exercise program and are properly trained before participating in these types of events.