



## Intermediate 5k Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/26/2021	Run 3 miles	Rest or cross/strength train	Run 3 miles	10x60s fast/60s slow jog.	Rest	Run 2 fast miles	Run 4 miles
2 8/2/2021	Run 3 miles	Rest or cross/strength train	Run 4 miles	8x2min fast/2min slow jog.	Rest	Run 3 fast miles	Run 5 miles
3 8/9/2021	Run 3 miles	Rest or cross/strength train	Run 4 miles	35 min tempo run	Rest	Run 3 fast miles	Run 6 miles
4 8/16/2021	Run 3 miles	Rest or cross/strength train	Run 5 miles	40 min tempo run	Rest	Run 4 fast miles	Run 6 miles
5 8/23/2021	Run 3 miles	Rest or cross/strength train	Run 5 miles	45 min tempo run	Rest	Run 4 fast miles	Run 7 miles
6 8/30/2021	Run 3 miles	Rest or cross/strength train	Run 6 miles	5x4 min fast/2min slow jog.	Rest	Run 3 fast miles	Run 8 miles
7 9/6/2021	Run 3 miles	Rest or cross/strength train	Run 5 miles	5x4 min fast/1min slow jog.	Rest	Run 3 fast miles	Run 8 miles
8 9/13/2021	Run 3 miles	10x60s fast/60s slow jog	Rest	Rest/light 2 miles	AFM 5k Race Day		

\*Cross training can be or a combination of bicycling, elliptical, strength training, swimming etc.

\*Warm up and cool down in addition in addition to the workout. ~ .5 - 1 mile.

\*Tempo runs start at an easy pace and gradually increase in speed about 10-15 seconds per mile.