

Intermediate 5k Training Program

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