## Intermediate 5k Training Program

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{array}{\|l\|} \hline 1 \\ 7 / 26 / 2021 \end{array}$ | Run 3 miles | Rest or cross/strength train | Run 3 miles | 10x60s fast/60s slow jog. | Rest | Run 2 fast miles | Run 4 miles |
| $\begin{array}{\|l\|} \hline 2 \\ 8 / 2 / 2021 \\ \hline \end{array}$ | Run 3 miles | Rest or cross/strength train | Run 4 miles | $8 \times 2$ min <br> fast/2min <br> slow jog. | Rest | Run 3 fast miles | Run 5 <br> miles |
| $\begin{array}{\|l\|} \hline 3 \\ 8 / 9 / 2021 \end{array}$ | Run 3 miles | Rest or cross/strength train | Run 4 miles | 35 min tempo run | Rest | Run 3 fast miles | Run 6 miles |
| $\begin{array}{\|l\|} \hline 4 \\ 8 / 16 / 2021 \\ \hline \end{array}$ | Run 3 miles | Rest or cross/strength train | Run 5 miles | 40 min tempo run | Rest | Run 4 fast miles | Run 6 miles |
| $\begin{array}{\|l\|} \hline 5 \\ 8 / 23 / 2021 \\ \hline \end{array}$ | Run 3 miles | Rest or cross/strength train | Run 5 miles | 45 min tempo run | Rest | Run 4 fast miles | $\begin{aligned} & \text { Run } 7 \\ & \text { miles } \end{aligned}$ |
| $\begin{array}{\|l\|} \hline 6 \\ 8 / 30 / 2021 \end{array}$ | Run 3 miles | Rest or cross/strength train | Run 6 miles | $5 \times 4$ min fast/2min slow jog. | Rest | Run 3 <br> fast miles | Run 8 miles |
| $\begin{array}{\|l\|} \hline 7 \\ 9 / 6 / 2021 \end{array}$ | Run 3 miles | Rest or cross/strength train | Run 5 miles | $5 \times 4$ min fast/ 1 min slow jog. | Rest | Run 3 fast miles | Run 8 miles |
| $\begin{array}{\|l\|} \hline 8 \\ 9 / 13 / 2021 \end{array}$ | Run 3 miles | 10x60s <br> fast/60s slow jog | Rest | Rest/light 2 miles | AFM <br> 5k <br> Race <br> 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.

