INTERMEDIATE 5K TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/25/2022	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 8/1/2022	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 8/8/2022	Run 3 miles	Rest or cross/strength train	Run 4 miles	35 min tempo run	Rest	Run 3 fast miles	Run 6 miles
4 8/15/2022	Run 3 miles	Rest or cross/strength train	Run 5 miles	40 min tempo run	Rest	Run 4 fast miles	Run 6 miles
5 8/22/2022	Run 3 miles	Rest or cross/strength train	Run 5 miles	45 min tempo run	Rest	Run 4 fast miles	Run 7 miles
6 8/29/2022	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 9/5/2022	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 9/12/2022	Run 3 miles	10x60s fast/60s slow jog	Rest	Rest/light 2 miles	AFM 5k Race Day		

AIR FORCE MARATHON