

5K Run, Intermediate Training

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	3 mile run	5 x 400 meter	3 mile run	Rest	3 mile run	5 mile run
2	Rest	3 mile run	30 min tempo	3 mile run	Rest	3 mile fast run	5 mile run
3	Rest	3 mile run	6 x 400 meter	3 mile run	Rest	4 mile run	6 mile run
4	Rest	3 mile run	35 min tempo	3 mile run	Rest	Rest	5K Test
5	Rest	3 mile run	7 x 400 meter	3 mile run	Rest	4 mile fast run	6 mile run
6	Rest	3 mile run	40 min tempo	3 mile run	Rest	5 mile run	7 mile run
7	Rest	3 mile run	8 x 400 meter	3 mile run	Rest	5 mile fast run	7 mile run
8	Rest	3 mile run	30 min tempo	2 mile run	Rest	Rest	5K Run

Instructions:

How fast is a “fast” run? Go somewhat faster than you would on a “run” day. Mix in some strength training after easier runs: push-ups, pull-ups, use of free weights or various machines. Runners generally benefit if they combine light weights with a high number of repetitions.