

Name: Race: Date:

5k Intermediate

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Yoga or Pilates	15 mins warm-up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Strength & Conditioning + Stretch	45 mins Steady undulating run + Stretch	REST	40 mins Steady undulating run - push the hills + Stretch	60 mins Long run - Easy effort + Stretch
Week 2	REST	40 mins Easy run + Stretch	15 mins warm-up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Strength & Conditioning + Stretch	REST	15 mins warm-up, 5 x 3 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	70 mins Long run - Easy effort + Stretch
Week 3	REST	45 mins Strength & Conditioning + Stretch	15 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	40 mins Easy run + Stretch	REST	15 mins warm-up, 5 x 3 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	75 mins Long run - Easy effort + Stretch
Week 4	REST	15 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Strength & Conditioning + Stretch	40 mins Easy run + Stretch	REST	15 mins warm-up, 6 x 3 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST
Week 5	45 mins Strength & Conditioning + Stretch	15 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	40 mins Easy run + Stretch	REST	parkrun or 5k race	REST
Week 6	REST	45 mins run including middle 15 mins at Threshold effort + Stretch	45 mins Strength & Conditioning + Stretch	15 mins warm-up, 6 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins Easy run + Stretch	75 mins Long run - Easy effort + Stretch
Week 7	REST	15 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Easy run + Stretch	45 mins Strength & Conditioning + Stretch	REST	15 mins warm-up, 6 x 3 mins at 90% effort with 75 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Long run - Easy effort + Stretch
Week 8	REST	15 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins Steady run + Stretch	REST	parkrun or 5k race	REST