

# INTERMEDIATE 5K - 4 DAYS - 10 WEEKS W/STRENGTH

## DAILY WARM UP

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

(R) = Rest Day (S) = Strength

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 MILES EASY	S	6 X 400M PASSIVE INTERVALS	S	2 MILES EASY	3 MILES LONG RUN	R

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 MILES RECOVERY	S	2 MILES TEMPO	S	3 MILES EASY	4 MILES LONG RUN	R

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	S	6 X 400M PASSIVE INTERVALS	S	3 MILES EASY	4 MILES LONG RUN	R

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	S	2 MILES TEMPO	S	4 MILES EASY	5 MILES LONG RUN	R

## DAILY COOL DOWN

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness



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### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	S	8 X 400M PASSIVE INTERVALS	S	4 MILES EASY	5 MILES LONG RUN	R

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	S	2 MILES TEMPO	S	4 MILES EASY	5 MILES LONG RUN	R

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	S	8 X 400M ACTIVE INTERVALS	S	4 MILES EASY	6 MILES LONG RUN	R

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	S	2 MILES TEMPO	S	4 MILES EASY	6 MILES LONG RUN	R

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### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	S	8 X 400M ACTIVE INTERVALS	S	4 MILES EASY	5 MILES LONG RUN	R

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	R	3 MILES EASY	2 MILES EASY	R		R

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## DAILY COOL DOWN

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