

# INTERMEDIATE 5K - 4 DAYS - 10 WEEKS

## DAILY WARM UP

(R) = Rest Day

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.

### WEEK 1

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

### WEEK 2

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

### WEEK 3

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

### WEEK 4

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

# INTERMEDIATE 5K - 4 DAYS - 10 WEEKS

## DAILY WARM UP

(R) = Rest Day

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.

### WEEK 5

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

### WEEK 6

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

### WEEK 7

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

### WEEK 8

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

# INTERMEDIATE 5K - 4 DAYS - 10 WEEKS

## DAILY WARM UP


(R) = Rest Day

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.

### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES RECOVERY	R	8 X 400M ACTIVE INTERVALS	R	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

**RunBuzz**

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