



## Run2Cure Intermediate Training Program - 5k

Coach Jody Mullen



### 5k INTERMEDIATE

**Description:** This program is designed for someone who can already jog 5k, but it's hard and you want to improve. You should be comfortable with the 1st week of training prior to starting. This program is 10 weeks long, with a minimum of 3 runs scheduled per week (and an optional 4th).

**Begin date: 22 March 2020**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5k run - easy	Strength	2.5k easy 6x30sec effort/30sec jog easy run to finish 5k total	20min run OR x-train	Rest	5k long run - easy	Rest OR x-train
2	5.5k run - easy	Strength	2.5k easy 4x1min effort/1min jog easy run to finish 5k total	25min run OR x-train	Rest	6k long run - easy	Rest OR x-train
3	5.5k run - easy	Strength	2.5k easy 5x1min hills/easy jog down easy run to finish 5.5k total	30min run OR x-train	Rest	6.5k long run - easy	Rest OR x-train
4	5k run - easy	Strength	5k run - easy	25min run OR x-train	Rest	5k long run work-out: 2k easy 3k tempo	Rest OR x-train
5	6k run - easy	Strength	3k easy 4x90sec effort/1min jog easy run to finish 6k total	30min run OR x-train	Rest	7k long run - easy	Rest OR x-train
6	6k run - easy	Strength	6k run - easy	30min run OR x-train	Rest	7.5k - long run work-out: 2.5k easy jog wu parkrun OR solo 5k tempo	Rest OR x-train
7	5.5k run - easy	Strength	3k easy 4x2min effort/1min jog easy run to finish 6k total	25min run OR x-train	Rest	8k long run - easy	Rest OR x-train
8	6.5k run - easy	Strength	3k easy 8x1min hills/easy jog down easy run to finish 6.5k total	35min run OR x-train	Rest	7k run long run - easy	Rest OR x-train
9	6k run - easy	Strength	3k easy 5x1min effort/1min jog easy run to finish 5k total	30min run OR x-train	Rest	6k long run - easy	Rest
<b>Race Week</b>	25min run - easy	Rest	20min run - easy	20min run OR walk/rest	Rest	Rest	<b>Run2Cure!</b>



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### 5k INTERMEDIATE - NOTES

#### Work-out Descriptions

**Easy run** - Run relaxed and at a comfortable effort level. You should be able to have a simple conversation without being out of breath.

**Long run** - For the most part, your long run will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation during your long run.

**Effort** - A fast paced interval. Aim to maintain the same speed throughout the duration of the interval, instead of starting fast and fading.

**Jog recovery** - Very easy jog in between fast efforts. Allows you time to recover prior to the next fast effort.

**Tempo** - A working pace where you are comfortably uncomfortable running. You are not going breathless and are able to answer simple questions, but unable to have a conversation.

**Hills** - A hard effort, but on a hill. A slower paced effort than when on flat, but you will be working hard enough on an incline. The easy jog down is your recovery.

**X-train** - Cross training. Cycling, swimming, gym classes, pilates, etc. Enjoy your favourite work-out activity.

**Strength** - Staying strong is essential for success in running and can also assist with preventing injury. Pilates, at home strength, gym strength class, bootcamps, etc. are all forms of strength sessions you may enjoy.

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 2</b>	5.5k run - easy	Strength	2.5k easy 4x1min effort/1min jog easy run to finish 5k total	25min run OR x-train	Rest	6k - long run	x-train
<b>What to do</b>	Run at a comfortable, relaxed pace for 5.5k	Strength work, pilates, gym class, etc.	Begin with a 2.5k easy, warm-up (wu) jog. Then run 4x1min speed efforts at a fast pace you can sustain for the duration of the interval. Jog 1 min easy in between each fast interval. Finish running at an easy pace to finish required distance. This is a continuous run.	Easy run day OR cross train - cycle, swim, gym class, etc. This will depend on whether you prefer 3 or 4 runs per week.	Rest, stretch, foam roll, get a well deserved massage, etc.	Long run day. Keep long runs to a comfortable, relaxed pace unless otherwise specified. You should be able to hold a conversation.	Cross train - cycle, swim, gym class, etc.