



**RUN A
DISTANCE
TO MAKE A
DIFFERENCE**



5K INTERMEDIATE PROGRAM



This program is designed for someone who can already run 5K, but it's hard and you want to improve. You should be comfortable with the 1st week of training prior to starting. 10 weeks long, min of 3 runs per week (optional 4th). You can be flexible regarding what days work best for your schedule to complete work-outs.

RUNNING TERMINOLOGY



EASY RUN

Run relaxed and at a comfortable effort level. You should be able to have a conversation without feeling out of breath.



EFFORTS

Fast and slow paces. Alternating between easy efforts and fast efforts within a continuous run.



TEMPO

A working pace that is comfortably uncomfortable. You can answer simple questions but not have a full conversation.



HILLS

A hard effort, but on a hill. The easy jog down is your recovery time.



LONG RUN

Long runs will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation.

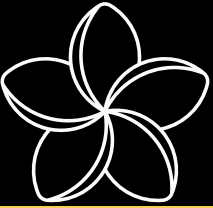


X-TRAIN & STRENGTH

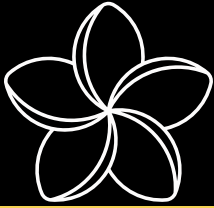
Cycling, swimming, strength sessions at home or in a gym, pilates, etc. Stay strong for running and enjoy the variety.

5K PROGRAM - INTERMEDIATE

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
10	5K easy run	Strength	5K run including: 6x30sec effort (30sec jog)	20min run OR x-train	Rest	5K long run	Rest OR x-train
9	5.5K easy run	Strength	5K run including: 4x1min effort (1min jog)	25min run OR x-train	Rest	6K long run	Rest OR x-train
8	5.5K easy run	Strength	5.5K run including: 5x1min hills (easy jog down)	30min run OR x-train	Rest	6.5K long run	Rest OR x-train
7	5K easy run	Strength	5K easy run	25min run OR x-train	Rest	Long run work-out 2K easy + 3K tempo	Rest OR x-train
6	6K easy run	Strength	6K run including: 4x90sec effort (1min jog)	30min run OR x-train	Rest	7K long run	Rest OR x-train
5	6K easy run	Strength	6K easy run	30min run OR x-train	Rest	Long run work-out 2.5K easy + 5K tempo/parkrun	Rest OR x-train
4	5.5K easy run	Strength	6K run including: 4x2min effort (1min jog)	25min run OR x-train	Rest	7K long run	Rest OR x-train
3	6.5K easy run	Strength	6.5K run including: 8x1min hills (easy jog down)	35min run OR x-train	Rest	8K long run	Rest OR x-train
2	6K easy run	Strength	5K run including: 5x1min effort (1min jog)	30min run OR x-train	Rest	6K long run	Rest
1	30min easy run	Rest	25min easy run	20min run OR rest	Rest	Rest	Run2Cure



EXAMPLE



Here's an example of how to manage your weekly sessions.

- WEEK 6 -

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
6	6K easy run	Strength	6K run including: 4x90sec effort (1min jog)	30min run OR x-train	Rest	7K long run	Rest OR x-train

Warm-Up - Prior to any session, aim to be warmed up with walking and dynamic stretching.

Monday - Enjoy your easy runs. Find a running buddy to help keep you accountable. You should be able to hold a conversation while running.

Wednesday - Always include a solid 10-15 minutes of easy running prior to any interval work. Once your intervals are complete, run easy to complete the total distance.

i.e. Run 3K at warm-up effort, run 4 x 90sec fast effort with 1min easy jogs after each, then complete your session by running easily until you reach 6K of total running.

