

## Intermediate 5k Training Plan

WEEK	M	T	W	TH	F	SAT	SUN
1	Rest	3 m run	5 x 400	3 m run	Rest	3 m run	5 m run
2	Rest	3 m run	30 min tempo	3 m run	Rest	3 m fast	5 m run
3	Rest	3 m run	6 x 400	3 m run	Rest	4 m run	6 m run
4	Rest	3 m run	35 min tempo	3 m run	Rest	Rest	<b>5-K Test</b>
5	Rest	3 m run	7 x 400	3 m run	Rest	4 m fast	6 m run
6	Rest	3 m run	40 min tempo	3 m run	Rest	5 m run	7 m run
7	Rest	3 m run	8 x 400	3 m run	Rest	5 m fast	7 m run
8	Rest	3 m run	30 min tempo	2 m run	Rest	Rest	<b>5-K Race</b>

**Key:**

Tempo – a pace that is half way between your easy pace and your race pace. You should still be able to carry on a conversation during your tempo runs.

X 400 – these would be best done on a track as the 400 represents meters. 400 meters is one lap around a track. Run 400 meters at a hard pace, then rest (slow down) for the next 400 meters. (ie: 6 x 400, run hard for 400 meters, run easy for 400 meters, run hard for 400 meters, easy for 400 meters...continue this for 6 laps.)