



INTERMEDIATE 5K TRAINING PLAN

See an MD prior to beginning any exercise plan. Visit website for full plan details.

Week	Mon Speed*	Tues Easy	Thurs Variable	Fri Easy	Sat Endurance
1	6x400 @ 10 sec faster than 5K pace R: 400 m jog/walk	3	3 easy	2	4
2	10 min easy, 10 min at tempo, 10 min easy	3	10 min EZ; 8x60 sec uphill, jog downhill, 10 min EZ	3	5
3	4x800 @ goal 5K pace R: 400 m jog/walk	3	4 easy	3	5
4	10 min easy, 15 min at tempo, 10 min easy	3	10 min EZ; 10x60 sec uphill, jog downhill, 10 min EZ	3	4
5	8x400 @ 20 sec faster than 5K pace R: 400 m jog/walk	3	4 easy	3	6
6	10 min easy, 20 min at tempo, 10 min easy	3	10 min EZ; 10x90 sec uphill, jog downhill, 10 min EZ	3	7
7	5x800 @ goal 5K pace R: 400 m jog/walk	3	5 easy	3	6 w/ FF
8	10 min easy, 15 min at tempo, 10 min easy	3 + strides	3 easy	Rest (or 2)	RACE! (Sat or Sun)

*Include 10 min warm up & cool down on speed days. Speed day in meters; other days in miles. R = recovery intervals. W/Sun = rest. FF = fast finish.

8 Week Intermediate 5k Training Plan

Xiang Xie



8 Week Intermediate 5k Training Plan:

Whispering the Secrets of Language: An Emotional Journey through **8 Week Intermediate 5k Training Plan**

In a digitally-driven world where screens reign supreme and immediate conversation drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within words often go unheard. Yet, located within the pages of **8 Week Intermediate 5k Training Plan** a fascinating fictional prize pulsing with natural feelings, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this charming opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the material of each word. Within the emotional depths of this poignant review, we can embark upon a genuine exploration of the book's key styles, dissect its interesting publishing design, and fail to the powerful resonance it evokes deep within the recesses of readers' hearts.

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