



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

UK Fitness Events



8 Week Intermediate 5k Training Plan:

Reviewing **8 Week Intermediate 5k Training Plan**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**8 Week Intermediate 5k Training Plan**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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