



# 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)	<b>RACE!</b> (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

**RJ Shavelson**



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