## **5-k training: intermediate (8 week plan)**

**Week 1**

|  |  |
| --- | --- |
| **Monday** | **Rest** |
| **Tuesday** | 5 kilometre run |
| **Wednesday** | 5 x 400 meters @ mile pace |
| **Thursday** | 5 kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 5 kilometre run |
| **Sunday** | 8 kilometre run |

**Week 2**

|  |  |
| --- | --- |
| **Monday** | **Rest** |
| **Tuesday** | 5 kilometre run |
| **Wednesday** | 30 min tempo run |
| **Thursday** | 5 kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 5 kilometre run |
| **Sunday** | 8 kilometre run |

**Week 3**

|  |  |
| --- | --- |
| **Monday** | **Rest** |
| **Tuesday** | 5 kilometre run |
| **Wednesday** | 6 x 400 meters @mile pace |
| **Thursday** | 5 kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 6 ½ kilometre run |
| **Sunday** | 9 ½ kilometre run |

**Week 4**

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| --- | --- |
| **Monday** | **Rest** |
| **Tuesday** | 5 kilometre run |
| **Wednesday** | 35 min tempo run |
| **Thursday** | 5 kilometre run |
| **Friday** | **Rest** |
| **Saturday** | One day rest , one day 5k test (you pick the day for test/rest) |
| **Sunday** |

**Week 5**

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| --- | --- |
| **Monday** | **Rest** |
| **Tuesday** | 5 kilometre run |
| **Wednesday** | 7 x 400 meter @ mile pace |
| **Thursday** | 5 kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 6 ½ kilometre run |
| **Sunday** | 9 ½ kilometre run |

**Week 6**

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| --- | --- |
| **Monday** | **Rest** |
| **Tuesday** | 5 kilometre run |
| **Wednesday** | 40 min tempo run |
| **Thursday** | 5 kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 8 kilometre run |
| **Sunday** | 11 kilometre run |

**Week 7**

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| --- | --- |
| **Monday** | **Rest** |
| **Tuesday** | 5 kilometre run |
| **Wednesday** | 8 x 400 metre @ mile pace |
| **Thursday** | 5 kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 8 kilometre run |
| **Sunday** | 11 kilometre run |

**Week 8**

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| --- | --- |
| **Monday** | **Rest** |
| **Tuesday** | 3 kilometre run |
| **Wednesday** | 30 min tempo run |
| **Thursday** | 3 kilometre run |
| **Friday** | **Rest** |
| **Saturday** | One day rest, one day 5k race (pick one day for race/rest) |
| **Sunday** |

**Note:**

* **important to stretch and worm down everyday**
* **A Tempo Run is when the pace increases gradually through the run before slowing for a cool down (mainly at 60-70 % pace)**