



Intermediate 5k training schedule

week	sun	mon	tue	wed	thu	fri	sat	total			
	day off	x train	easy	x train	moderate	day off	easy				
			pace		pace		pace				
week 1	30 min	xt	30 min	xt	30 min	off	40 min	130 min	base I phase		
week 2	30 min	xt	30 min	xt	30 min	off	45 min	135 min	4 / 1 ratio		
week 3	30 min	xt	30 min	xt	30 min	off	50 min	140 min	base II phase		
week 4	35 min	xt	30 min	xt	35 min	off	45 min	145 min	5 / 1 ratio		
week 5	35 min	xt	30 min	xt	35 min	off	55 min	155 min	endurance phase		
week 6	35 min	xt	35 min	xt	35 min	off	45 min	150 min	6 / 1 ratio		
week 7	40 min	xt	30 min	xt	35 min	off	60 min	165 min	strength phase		
week 8	40 min	xt	35 min	xt	35 min	off	50 min	160 min	7 / 1 ratio		
week 9	40 min	xt	35 min	xt	35 min	off	65 min	175 min			
week 10	45 min	xt	35 min	xt	35 min	off	55 min	170 min	speed building phase		
week 11	45 min	xt	40 min	xt	35 min	off	70 min	190 min	8 / 1 ratio		
week 12	off	xt	35 min	xt	35 min	off	5k	70 min	taper phase		

This schedule is a six phase system and is designed for the intermediate runner who has run a few 5k's and would like to improve on race time.

Each day is designated as a run, xt or off day. These days are set to work with each other and should not be deviated with the following exception.

The schedule is designed for a Tue/Thur/Sat training routine but may be switched easily to a Mon/Wed/Sat routine if that is more adaptable to ones schedule.

Friday is the scheduled day off from running and all impact exercise. Please take advantage of this complete day off.

Monday and Wednesday are designated to cross training for recovery. This may be swimming, cycling, gym work for upper body, TRX, yoga but no running or impact exercise.

Sunday, Tuesday, Thursday and Saturday are the scheduled run days. These days should be run at a very easy pace. Please use the listed suggested walk run ratios.

The ratios for each phase are listed below. For example during the endurance phase 6 / 1 ratio means throughout the session you will run for six minutes and walk for 60 seconds.

NOTE: The increase and decrease of running and walking does not change the pace of the run. The running pace on should always be slow and easy during the base I & II phase.

During the endurance and strength phases Thursday should be a moderate paced run or a Threshold run. This is when you run at a pace just below the threshold of pain.

This is not a sprint but a pace equal to 85% of your MHR if you are using a heartrate monitor. The pace is uncomfortable but not all out red lining.

Week 12 is the taper week and should be used to recover from the past 11 weeks of training. The taper phase is designed to allow the body to repair itself for the upcoming 5k race.

The 5k race should be scheduled on the Saturday or Sunday of the final week of training. **NOTE this schedule assumes that the athlete has 2 months of base training completed.**

Base I & II phases is designed to allow the body to adapt to the pounding it takes during running; **Endurance** phase is to allow the body to adapt to longer sustained runs; **Strength/speed phases** are to allow the body to increase to a harder and faster run to prepare for the scheduled 5k race. **Taper** is designed for rest and recovery.