**Intermediate 5K Running Race Program (12 Weeks)**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Week 1 | **Run**  20 minutes steady | *Rest or mobility* | **Run**  30 minutes steady | *Rest or mobility* | *Rest/mobility or strength training* | **Long Run**  35 min steady | *Rest or mobility* |
| Week 2 | **Run**  25 minutes steady | *Rest or mobility* | **Run**  30 min steady with 4 x 20 sec fast efforts | *Rest or mobility* | *Rest/mobility or strength training* | **Long Run**  35 min steady | *Rest or mobility* |
| Week 3 | **Run**  25 min steady | *Rest or mobility* | **Run**  30 min steady with 4 x 30 sec fast efforts | *Rest or mobility* | *Rest/mobility or strength training* | **Long Run**  35-40 min steady | *Rest or mobility* |
| Week 4 | **Run**  20 min steady | *Rest or mobility* | **Run**  25 min steady with 2 x 30 sec fast efforts | *Rest or mobility* | *Rest/mobility or strength training* | **Long Run**  30 min steady | *Rest or mobility* |
| Week 5 | **Run**  30 min steady | *Rest or mobility* | **Interval Run**  10-15 min warm-up  4-6 x (400 m hard, 200 m jog)  10 min cool-down | *Rest or mobility* | *Rest/mobility or strength training* | **Long Run**  35-40 min steady | *Rest or mobility* |
| Week 6 | **Run**  30 min steady | *Rest or mobility* | **Interval Run**  10-15 min warm-up  4-6 x (400 m hard, 200 m jog)  10 min cool-down | *Rest or mobility* | *Choice of 20 min steady run, strength training, mobility or rest* | **Long Run**  35-40 min steady | *Rest or mobility* |
| Week 7 | **Run**  30-35 min steady | *Rest or mobility* | **Interval Run**  10-15 min warm-up  3-4 x (800 m hard, 200 m jog)  10 min cool-down | *Rest or mobility* | *Choice of 20 min steady run, strength training, mobility or rest* | **Long Run**  40-45 min steady | *Rest or mobility* |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Week 8 | **Run**  25-30 min steady | *Rest or mobility* | **Interval Run**  10-15 min warm-up  2-4 x (400 m hard, 200 m jog)  10 min cool-down | *Rest or mobility* | *Rest/mobility or strength training* | **Long Run**  30-35 min steady | *Rest or mobility* |
| Week 9 | **Run**  30-40 min steady | *Rest or mobility* | **Interval Run**  10-15 min warm-up  2-4 x (1km hard, 200 m jog)  10 min cool-down | *Rest or mobility* | *Choice of 20 min steady run, strength training, mobility or rest* | **Long Run**  40-50 min steady | *Rest or mobility* |
| Week 10 | **Run**  30-40 min steady | *Rest or mobility* | **Interval Run**  10-15 min warm-up  3-5 x (1km hard, 200 m jog)  10 min cool-down | *Rest or mobility* | *Choice of 20 min steady run, strength training, mobility or rest* | **Long Run**  40-50 min steady | *Rest or mobility* |
| Week 11 | **Run**  30-40 min steady | *Rest or mobility* | **Interval Run**  10-15 min warm-up  3-5 x (1km hard, 200 m jog)  10 min cool-down | *Rest or mobility* | *Choice of 20 min steady run, strength training, mobility or rest* | **Long Run**  35-45 min steady | *Rest or mobility* |
| Week 12 | **Run**  25-30 min steady | *Rest or mobility* | **Interval Run**  10-15 min warm-up  2-4 x (400 m @ 5k race pace, 200m jog)  10 min cool-down | *Rest or mobility* | *Rest/mobility*  *OR*  15-20 min easy jog | *Rest/mobility*  *OR*  15-20 min easy jog | ***5km Race!*** |