

INTERMEDIATE 5KM RUN PROGRAM

Tips and Hints:

- You will be past the beginner stage and will have a few 5km races under your belt before you start this program
- Try and join the local running club for their weekly club time trial which takes place on a Tuesday night.
- Measure out a 4km time trial route that you will use over the course of your training program. It can be an out and back course or a loop course. You can use this route to track progress over the coming weeks.
- You can use an athletic track if you have access to one for our track/speed work or just make use of a sports field or a measured out 1km section on the road

Week 1 (Morning or Evening Training, whatever best suits your daily schedule):

- Monday Rest day
- Tuesday 4km run fast/2km easy on the measured 4km course or club time trial route
- Wednesday Rest day
- Thursday Run 6km easy/slow past
- Friday Rest day
- Saturday Rest day
- Sunday 5km run easy on the road/walk-ways or grass parks

The total weekly mileage for this first week is 17km. Record your time for the 4km time trial done on the Tuesday and keep that for future reference to track your progress

Week 2 (Morning or Evening Training):

- Monday Rest day
- Tuesday run 1km easy/run 4km time trial route hard/1km easy cool down
- Wednesday Rest day
- Thursday Run 8km easy/recovery run
- Friday Run 6km easy with some short faster efforts
- Saturday Rest day
- Sunday Run 8km at a moderate pace (can stop at halfway and stretch)

The total weekly mileage for week 2 is 28km. The time trial will be done for the second time. Depending on how you feel, compare this time to that of week 1. Run the same time trial route every time to keep it consistent and make it easier to track your progress

Week 3 (Morning or Evening Training):

- Monday Rest day
- Tuesday We run an 8km time trial at medium pace (2 loops of the 4km route)
- Wednesday Rest day
- Thursday Track work. Run 5 x 1km intervals rest period between is 60 secs/med pace
- Friday Run 8km easy recover
- Saturday Rest day
- Sunday Run 10km start easy/finish moderate pace

The total weekly mileage for week 3 is 31km. We have built in a track session to improve fitness levels and force you to run a little faster over a measured 1km distance.

Week 4 (Morning or Evening Training):

- Monday Rest day
- Tuesday Track. 1km easy/10 x 400m moderate pace rest 20 secs/1km easy
- Wednesday Rest day
- Thursday 10km easy to moderate run
- Friday Rest day
- Saturday 5km easy warm-up run in the morning with stretching
- Sunday 5km road race (make sure you warm-up properly before the start)

The total weekly mileage is 26km. It is important that you stretch and warm up well before a hard 5km race. Do some short 100m semi-sprints and a 1km before the start of the race. You need to elevate the heart rate before the gun goes off.
