

5KM INTERMEDIATE TRAINING PROGRAM

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Run – 25 mins as: 5 mins at 4/10 [perceived effort], 5 mins at 5/10, 5 mins at 6/10, 5 mins at 7/10, 5 mins at 5/10	Rest	Run – 25 mins continuous at 6/10	Rest	Run – 30 mins as: 10 mins easy at 5/10, 5 mins running up/down hills/stairs, 5 mins at 5/10, 5 mins running up/down hills/stairs, 5 mins at 5/10	Cross training (optional)
2	Rest	Run – 32 mins as: 5 mins at 5/10, 5 mins at 7/10, 5 mins at 5/10, 5 mins at 7/10, 5 mins at 5/10, 5 mins at 7/10, 2 mins easy walk	Rest	Run – 30 mins continuous at 6/10	Rest	Run [negative split] – 34 mins continuous (17 mins out at 5/10, try to run back faster at 7/10)	Cross training (optional)
3	Rest	Run – 20 mins continuous at 5/10	Rest	Run – 25mins continuous at 6/10	Rest	Run – 30 mins continuous at 5/10	Rest
4	Rest	Run – 32 mins as: 10 mins at 6/10, 10 mins at 7/10, 10 mins at 8/10, 2 mins easy walk	Rest	Run – 30 mins continuous at 6/10	Rest	Run – 30 mins as: 5 mins easy at 5/10, 5 mins running up/down hills/stairs, 5 mins easy at 5/10, 5 mins running up/down hills/stairs, 10 mins at 7/10	Cross training (optional)
5	Rest	Run – 37 mins as: 5 mins at 5/10, 10 mins at 6/10, 10 mins at 7/10, 10 mins at 8/10, 2 mins easy walk	Rest	Run – 35 mins continuous at 6/10	Rest	Run – 30 mins as: 10 mins at 5/10, 6 x (1 mins at 8/10, 1 mins at 5/10), 8 mins at 5/10	Cross training (optional)
6	Rest	Run – 30 mins continuous at 5/10	Rest	Run – 25mins continuous at 6/10	Rest	Run – 35 mins continuous at 5/10	Rest
7	Rest	Run – 37 mins as: 5 mins at 5/10, 10 mins at 6/10, 10 mins at 7/10, 10 mins at 8/10, 2 mins easy walk	Rest	Run – 40 mins continuous at 7/10	Rest	Run – 35 mins as: 5 mins at 5/10, 5 mins at 7/10, 5 x (2 mins at 8/10, 1 mins at 5/10), 10 mins at 5/10	Cross training (optional)
8	Rest	Run – 40 mins as: 5 mins at 5/10, 10 mins at 6/10, 10 mins at 7/10, 10 mins at 8/10, 5 mins at 5/10	Rest	Run – 40 mins continuous at 7/10	Rest	Run – 40 mins as: 5 mins at 5/10, 5 mins at 7/10, 5 mins at 5/10, 5 x (3 mins at 8-9/10, 1 min at 5/10), 5 mins at 5/10	Cross training (optional)
9	Rest	Run – 40 mins as: 5 mins at 5/10, 10 mins at 6/10, 10 mins at 7/10, 10 mins at 8/10, 5 mins at 5/10	Rest	Run – 40 mins continuous at 7-8/10	Rest	Run – 45 mins as: 10 mins at 5/10, 5 x (5 mins at 8-9/10, 1 min walk), 5 mins at 5/10	Rest
10	Rest	Run – 35 mins as: 5 mins at 5/10, 5 mins at 7/10, 5 x (2 mins at 8/10, 1 min at 5/10), 10 mins at 5/10	Rest	Run – 25 mins continuous at 6/10	Rest	Run – 20 mins as: 5 mins at 5/10, 5 x (30 sec at 8/10, 30 sec at 5/10), 10 mins at 5/10 (or do Friday)	Run Melbourne, presented by The Age