**Intermediate level** 5K Training Schedule

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| 1 | Rest | 3 m run | 30 min tempo | 3 m run | Rest | 3.5 m run | 5 m run |
| 2 | Rest | 3 m run | 35 min tempo | 3 m run | Rest | Rest | **5-K Test** |
| 3 | Rest | 3 m run | 7 x 400 | 3 m run | Rest | 4 m fast | 6 m run |
| 4 | Rest | 3 m run | 40 min tempo | 3 m run | Rest | 5 m run | 7 m run |
| 5 | Rest | 3 m run | 8 x 400 | 3 m run | Rest | 5 m fast | 7 m run |
| 6 | Rest | 3 m run | 30 min tempo | 2 m run | Rest | Rest | **5-K (3.2 m) Race** |

Tempo Run: a continuous run with an easy beginning, a buildup in the middle to near race pace, then ease back and cruise to the end. A typical tempo run begins with 5-10 minutes easy running, continue with 10-15 faster running, and finish with 5-10 minutes cooling down. Tempo runs are very useful for developing anaerobic threshold, essential for fast 5-K racing.

*Source: HalHigdon.com/training*