



5k Intermediate

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	6 x 400 (60 sec RI) + Strength 1	30 minute cross train	30 minute tempo run	30 minute cross train + Strength 2	Rest	2.5 mile run	Rest
Week 2	8 x 400 (60 sec RI) + Strength 1	30 minute cross train	30 minute tempo run	30 minute cross train + Strength 2	Rest	3 mile run	Rest
Week 3	6 x 800 (90 sec RI) + Strength 1	35 minute cross train	35 minute tempo run	30 minute cross train + Strength 2	Rest	3 mile run (faster than last week)	Rest
Week 4	8 x 400 (60 sec RI) + Strength 1	35 minute cross train	35 minute tempo run	30 minute cross train + Strength 2	Rest	3.5 mile run	Rest
Week 5	6 x 800 (90 sec RI) + Strength 1	40 minute cross train	40 minute tempo run	30 minute cross train + Strength 2	Rest	3.5 mile run (faster than last week)	Rest
Week 6	4 x 1200 (90 sec RI) + Strength 1	45 minute cross train	45 minute tempo run	30 minute cross train + Strength 2	Rest	4 mile run	Rest
Week 7	3 x 1600 (90 sec RI)	30 minute cross train	30 minute tempo run	30 minute cross train + Strength 2	Rest	3.1 mile run (fast – trial)	Rest
Week 8	30 minute tempo run	30 minute cross train	Rest	20-30 minute Easy Run	Rest	Race Day!	Recovery!



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Run: Run at an easy pace. It does not matter how fast you go, just that you finish the distance. You should be able to converse without getting out of breath. (Saturdays)

Interval Training: Interval training is short bursts of work followed by a period of rest. The high-intensity periods are typically close to anaerobic (absence of free oxygen) exercise, while the period of rest and recovery involves a lower intensity. (Mondays)

Cross Training: Any other form of aerobic exercise that uses different muscles than running. Cross training reduces the risk of injury by leveling out orthopedic stress caused by running. Try incorporating low impact exercise such as swimming, elliptical training or cycling. (Tue/Thur)

Tempo Run: Run about 10 seconds slower than your 10k pace or a pace that feels comfortably hard. Include 5-10 minutes of an easy warm up at the beginning and 5-10 minutes of an easy cool down at the end. (Wednesdays)



Strength Training Program

Strength 1: Strength 1 focuses on Upper body strengthening and core. Exercises you will want to focus on during this workout are: Chest Press (Bench, Push-ups), Row (inverted, bent over, and seated), Curl and Press (bicep curl and shoulder press), Lat Pulldown, and a Plank. In addition to these five exercises add 1-2 additional core exercises.

Strength 2: Strength 2 focuses on Lower body strengthening and core. Exercises you will want to focus on during this workout are: Squats (single leg squats for progression), Romanian Deadlift (straight leg), Lunges, Lateral walking (using mini-bands), and a Bridge (single leg for progression). In addition to these five exercises add 1-2 additional core exercises, one of which including some rotation (Russian twist, chops, torso rotation).

Stretching and Foam Rolling are extremely important to incorporate throughout the entire program for maintenance and recovery. Try to focus on targeting hip flexors, hamstrings, quads and calves. You can incorporate body weight exercises but be sure you are not overexerting your body during this final stage before the big race. If desired, you can include massage and ice baths to reduce muscle soreness and damage.