



Intermediate 5km Programme

This programme is for you if you have already done a 5km race or regularly take part in a local parkrun and would like to improve your time!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY utilise a local parkrun as part of your training run	SUNDAY
WEEK 1	20 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	20 mins speed	REST	3 miles (5km) long run	*STRETCH session
WEEK 2	20 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	20 mins speed	REST	4 miles (6km) long run	STRETCH session
WEEK 3	20 to 30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	20 mins speed	REST	4 miles (6km) long run	STRETCH session
WEEK 4	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	30 mins speed	REST	5 miles (8km) long run	STRETCH session
WEEK 5	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	30 mins speed	REST	6 miles (10km) long run	STRETCH session
WEEK 6	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	30 mins speed	REST	6 miles (10km) long run	STRETCH session
WEEK 7	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	20 mins speed	REST	6 miles (10km) long run	STRETCH session
WEEK 8	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	20 mins speed	REST	Race day parkrun	REST

Running Log:

An opportunity for you to log progress over the duration of the training programme; recording successes will boost your confidence, whilst noting difficult sessions and why will allow you to develop in the future.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXAMPLE	<i>Found I had lots of energy today</i>	<i>Tired today, completed session – pleased with that</i>				<i>Ran with my social group today – good to train with others</i>	<i>Hamstrings tight, nice to stretch</i>
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8						RACE DAY	