

5K - 10 Week Training Plan - Intermediate

This is a Intermediate 10 week training plan for a 5k. If you are of a higher fitness level please use the advanced training plan.

This plan is suitable for people who want to jog, complete a 5K or beat a previous time in another 5K.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 KM Run X2 1 Min Breaks	500M Run Or Jog X5 1 Min Breaks	Rest Plus Stretch Day	5KM Jog Or Walk Once	Rest	1KM X2 (Fast) + 1Km X2 (Slow)	Rest Or 30 - 60 Minute Walk
2	2 KM Run X2 1 Min Breaks	500M Run Or Jog X5 1 Min Breaks	Rest Plus Stretch Day	5KM Jog Or Walk Once	Rest	1KM X2 (Fast) + 1Km X2 (Slow)	Rest Or 30 - 60 Minute Walk
3	2 KM Run X2 1 Min Breaks	500M Run Or Jog X5 1 Min Breaks	Rest Plus Stretch Day	5KM Jog Or Walk Once	Rest	1KM X2 (Fast) + 1Km X2 (Slow)	Rest Or 30 - 60 Minute Walk
4	2 KM Run X2 1 Min Breaks	500M Run Or Jog X5 1 Min Breaks	Rest Plus Stretch Day	5KM Jog Or Walk Once	Rest	1KM X2 (Fast) + 1Km X2 (Slow)	Rest Or 30 - 60 Minute Walk
5	2 KM Run X2 1 Min Breaks	500M Run Or Jog X5 1 Min Breaks	Rest Plus Stretch Day	5KM Jog Or Walk Once	Rest	Rest	Rest Or 30 - 60 Minute Walk
6	2 KM Run X4 1:30 Min Breaks	1KM Run X5 1:30 Min Breaks	Rest Plus Stretch Day	2.5 KM Run X2 2:30 Min Breaks	Rest	1.5KM X2 (Fast) + 1.5Km X2 (Slow)	Rest Or 30 - 60 Minute Walk
7	2 KM Run X4 1:30 Min Breaks	1KM Run X5 1:30 Min Breaks	Rest Plus Stretch Day	2.5 KM Run X2 2:30 Min Breaks	Rest	1.5KM X2 (Fast) + 1.5Km X2 (Slow)	Rest Or 30 - 60 Minute Walk
8	2 KM Run X4 1:30 Min Breaks	1KM Run X5 1:30 Min Breaks	Rest Plus Stretch Day	2.5 KM Run X2 2:30 Min Breaks	Rest	1.5KM X2 (Fast) + 1.5Km X2 (Slow)	Rest Or 30 - 60 Minute Walk
9	2 KM Run X4 1:30 Min Breaks	1KM Run X5 1:30 Min Breaks	Rest Plus Stretch Day	2.5 KM Run X2 2:30 Min Breaks	Rest	1.5KM X2 (Fast) + 1.5Km X2 (Slow)	Rest Or 30 - 60 Minute Walk
10	2 KM Run X4 1:30 Min Breaks	1KM Run X5 1:30 Min Breaks	Rest Plus Stretch Day	2.5 KM Run X2 2:30 Min Breaks	Rest Plus Stretches	Rest	5K Race Good Luck!

For More Plans & Resources Visit: www.athleticscoaching.weebly.com

Adjust the plan according to your level.

For days that say stretching visit the website for suitable stretches.

Any questions ask the athletics team through our contact us page.



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