



# Now is the time to train!

## Shepparton News 5km Fun Run Intermediate Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 7/5/18 - 13/5/18	Rest Day	30 Minutes Easy with 4 x 30 Seconds Strides	12 Minute Warm Up, 6 x 1 Minute at 5km Pace with 1 Minute Jog Recovery, 10 Minute Cool Down	30 Minutes Easy	Rest Day	12 Minute Warm Up, 4 x 400m at 5km Pace with 200m Jog Recovery, 12 Minute Cool Down	10kms Easy
<b>2</b> 14/5/18 - 20/5/18	Rest Day	30 Minutes Easy with 4 x 30 Seconds Strides	12 Minute Warm Up, 5 x 2 minutes at 5km Pace with 1 Minute Jog Recovery, 10 Minute Cool Down	30 Minutes Easy	Rest Day	12 Minute Warm Up, 5 x 500m at 5km Pace with 500m Jog Recovery, 12 Minute Cool Down	10kms Easy
<b>3</b> 21/5/18 - 27/5/18	Rest Day	30 Minutes Easy with 4 x 30 Seconds Strides	12 Minute Warm Up, 3 x 1km at 5km Pace with 1 Minute Jog Recovery, 12 Minute Cool Down	30 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 4 x 800m at 5km Pace with 2 Minute Jog Recovery, 12 Minute Cool Down	10kms Easy
<b>4</b> 28/5/18 - 3/6/18	Rest Day	35 Minutes Easy	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 6 x 400m at 5km Pace with 200m Jog Recovery, 12 Minute Cool Down	11kms Easy

\*The programs should only be used as a guide and for best results you should have any program matched specifically to your current fitness level, time availability and injury history



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<b>5</b> 4/6/18 - 10/6/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	12 Minute Warm Up, 8 x 1 Minute at 5km Pace with 1 Minute Jog Recovery, 10 Minute Cool Down	30 Minutes Easy	Rest Day	12 Minute Warm Up, 5km Time Trial, 12 km Cool Down	8kms Easy
<b>6</b> 11/6/18 - 17/6/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up - 15 x 30 Seconds On/30 Seconds Jog recovery, 10 Minute Cool Down	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 5 x 600m at 5k Pace with 400m Recovery, 12 Minute Cool Down	11kms Easy
<b>7</b> 18/6/18 - 24/6/18	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	12 Minute Warm Up, 4 x 1km at 5km Pace with 1 Minute Jog Recovery, 12 Minute Cool Down	35 Minutes Easy with 6 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 5 x 700m at 5k Pace with 300m Recovery, 12 Minutes Cool Down	11kms Easy
<b>8</b> 25/6/18 - 1/7/18	Rest Day	35 Minutes Easy with 6 x 30 Seconds Strides	12 Minute Warm Up, 6 x 300m On with 100m Walk Recovery, 10 Minute Cool Down	30 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 7 x 400m at 5km Pace with 200m Jog Recovery, 12 Minute Cool Down	12kms Easy

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<b>9</b> 2/7/18 - 8/7/18	Rest Day	35 Minutes Easy	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 5 x 800m at 5km Pace with 200m Jog Recovery, 10 Minute Cool Down	12kms Easy
<b>10</b> 9/7/18 - 15/7/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up - 17 x 30 Seconds On/30 Seconds Jog recovery, 10 Minute Cool Down	30 Minutes Easy	Rest Day	15 Minute Warm Up, 5km Time Trial, 12 Minute Cool Down	10kms Easy
<b>11</b> 16/7/18 - 22/7/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	40 Minutes Easy	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 3 x 1km at 5km Pace with 1 Minute Jog Recovery, 12 Minute Cool Down	12kms Easy
<b>12</b> 23/7/18 - 29/7/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	12 Minute Warm Up, 8 x 300m On with 100m Walk Recovery, 10 Minute Cool Down	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 2 x 2km at 5km Pace with 500m Jog Recovery, 12 Minute Cool Down	13kms Easy

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<b>13</b> 30/7/18 - 5/8/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up - 20 x 30 Seconds On/30 Seconds Jog recovery, 10 Minute Cool Down	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 3 Km Time Trial, 12 Minute Cool Down	13kms Easy
<b>14</b> 6/8/18 - 12/8/18	Rest Day	30 Minutes Easy	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 8 x 400m at 5km Pace with 200m Jog Recovery, 12 Minute Cool Down	13kms Easy
<b>15</b> 13/8/18 - 19/8/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	12 Minute Warm Up, 10 x 1 Minute On with 1 Minute Jog Recovery, 12 Minute Cool Down	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 5 x 800m at 5km Pace with 200m Jog Recovery, 10 Minute Cool Down	10kms Easy
<b>16</b> 20/8/18 - 26/8/18	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	10 Minute Warm Up, 6 x 400m with 200m Jog Recovery, 10 Minute Cool Down	Rest Day	20 Minutes Easy with 6 x 30 Seconds Strides	15 Minutes Easy	- Shepparton Running Festival - 5km Run

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