



Now is the time to train!

5km Fun Run Intermediate Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6/5/19 - 12/5/19	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
2 13/5/19 - 19/5/19	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
3 20/5/19 - 26/5/19	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
4 27/5/19 - 2/6/19	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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5 3/6/19 - 9/6/19	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
6 10/6/19 - 16/6/19	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
7 17/6/19 - 23/6/19	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
8 24/6/19 - 30/6/19	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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9 1/7/19 - 7/7/19	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
10 8/7/19 - 14/7/19	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
11 15/7/19 - 21/7/19	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
12 22/7/19 - 28/7/19	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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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 29/7/19 - 4/8/19	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
14 5/8/19 - 11/8/19	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
15 12/8/19 - 18/8/19	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
16 19/8/19 - 25/8/19	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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