

Training Plan 5K INTERMEDIATE (km)

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--|---|----------------------------|--|---------|--|-------------------------------------|
| 1 | Run 5 km Z1-2 + Hill Sprints (2x6 sec on 5-8% grade) | Rest | Run 5 km Z1-2 + last km Z3 | X-train | Rest | Run 3 km Z1-2 + Hill Sprints (2x6 sec on 5-8% grade) | Long Run 8 km Z1-2 |
| 2 | Run 5 km Z1-2 + Hill Sprints (3x6 sec on 5-8% grade) | Rest | Run 6 km Z1-2 + last km Z3 | X-train | Rest | Run 5 km Z1-2 + Hill Sprints (3x6 sec on 5-8% grade) | Long Run 8 km Z1-2 |
| 3 | Run 5 km Z1-2 + Hill Sprints (4x8 sec on 5-8% grade) | Rest | Run 6 km Z1-2 + last km Z3 | X-train | Rest | Run 5 km Z1-2 + Hill Sprints (4x6 sec on 5-8% grade) | Long Run 10 km Z1-2 |
| 4 | X-train | Run 1 2 km Z1-2 , 8x100m @ 3K pace, jog 100m, 1 2 km Z1-2 | Run 6 km Z1-2 | Fartlek Run 5 km + 10x10s @ 1.5K pace scattered | Rest | Run 8 km Z1-2 + Hill Sprints (5x6 sec on 5-8% grade) | Long Run 11 km, last 2 km Z3 |
| 5 | X-train | Run 1 2 kms Z1-2 , 8x100m @ 3K-1.5K pace, recovery jog 100m, 1 2 km Z1-2 | Run 6 km Z1-2 | Fartlek Run 5 km Z1-2 + 12x10s @ 1.5K pace scattered | Rest | Run 8 km Z1-2 + Hill Sprints (6x6 sec on 5-8% grade) | Long Run 13 km Z1-2, last 3 km Z3 |
| 6 | Rest | Run 3 km Z1-2, 8x200m @ 5K - 3K-1.5K pace, recovery jog 200m, 1 2 km Z1-2 | Run 6 km Z1-2 | Fartlek Run 5 km Z1-2 + 10x20s @ 1.5-3K pace scattered | Rest | Run 8 km Z1-2 + Hill Sprints (7x6 sec on 5-8% grade) | Long Run 15 km Z1-2, last 3 km Z3 |
| 7 | X-train | Fartlek Run 3 km Z1-2 + Speed Intervals (4x400m @ 3K pace), 2 min Z1-2 | Run 6 km Z1-2 | Fartlek Run 5 km Z1-2 + 12x20s @ 1.5-3K pace scattered | Rest | Run 8 km Z1-2 + Hill Sprints (8x6 sec on 5-8% grade) | Long Run 13 km Z1-2, last 3 km Z3 |
| 8 | Run 6 km Z1-2 + Hill Sprints (10x10 sec on 5-8% grade) | Fartlek Run 3 km Z1-2 + Speed Intervals (5x400m @ 3K pace), 2 min Z1-2 | Run 6 km Z1-2 | Run 3 km Z1-2, 4x2 min @ 10K pace with 1 min jog, 3 km Z1-2 | Rest | Run 8 km Z1-2 + Hill Sprints (9x6 sec on 5-8% grade) | Long Run 15 km Z1-2, last 5 km Z3 |
| 9 | Rest | Fartlek Run 3 km Z1-2 + Speed Intervals (6x400m @ 3K pace), 2 min Z1-2 | Run 5 km Z1-2 | Run 3 km Z1-2, 5x2 min @ 10K pace with 1 min recovery jog, 3 km Z1-2 | Rest | 5K Time Trial | Long Run 102 kms Z1-2, last 2 km Z3 |
| 10 | Run 6 km Z1-2 + Hill Sprints (5x10 sec on 5-8% grade) | Run 2 km Z1-2, 5 x 1K @ 5K pace, 400m jog recovery, 2 km Z1-2 | Rest | Run 8 km Z1-2, 4x100 m strides with 100m recovery | X-train | Run 8 km Z1-2 | Long Run 16 km Z1-2 |
| 11 | Run 6 km Z1-2 + Hill Sprints (4x10 sec on 5-8% grade) | Run 2 km Z1-2, 6 x 800m @ 5K pace, 400m jog recovery, 1 2 km Z1-2 | Rest | Run 8 km Z1-2, 3x100 m strides | Rest | Run 6 km Z1-2 | Long Run 15 km Z1-2, last 2 km Z3 |
| 12 | Run 6 km Z1-2 + Hill Sprints (3x10 sec on 5-8% grade) | Run 2 km Z1-2, 2 km @ 5K, 8 x 400m @ 3K-5K pace, 200m jog recovery, 2 km Z1-2 | Rest | Run 5 km Z1-2 | Rest | Run 3 km Z1-2, 4x 100m sprints with 100 m recovery run | 5K Race |

Z1-Z5 Zones Z1-Z5 from the Individual Running Diagnostic results