

Training Plan 5K INTERMEDIATE (km)

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

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