

5 KM INTERMEDIATE TRAINING SCHEDULE

Week	Workout 1	Workout 2	Workout 3
1	Jog 5 min; walk 1 min X 3	Jog 4 min; walk 1 min X 3	Jog 5 min; walk 1 min X 3
2	Jog 6 min; walk 1 min X 3	Jog 5 min; walk 1 min X 3	Jog 6; walk 1 min X 3
3	Jog 8 min; walk 1 min X 3	Jog 7 min; walk 1 min X 3	Jog 8 min; walk 1 min X 3
4	Jog 9 min; walk 1 min X 3	Jog 9 min; walk 1 min X 3	Jog 9 min; walk 1 min X 3
5	LSD 20 min (aim to jog; walk as needed)	LSD 20 min	LSD 20 min
6	LSD 22 min	LSD 20 min	LSD 22 min
7	LSD 22 min	3X 30 sec. "strides"; 3 min jog recovery	LSD 22 min
8	LSD 24 min	3X 45 sec. "strides"; 3 min jog recovery	LSD 24 min
9	LSD 25 min	15 min "hilly" run	LSD 22 min
10	LSD 27 min	Faster pace 9 min; 1 min walk/jog recovery	LSD 25 min
11	LSD 30 min	"Race Pace" 30 min	LSD 27 min
12	LSD 30 min	LSD 25 min	REST!