
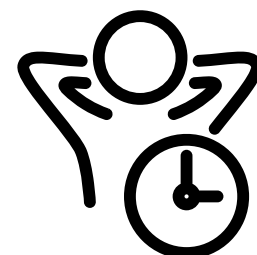
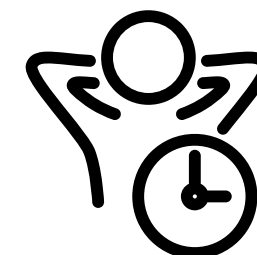
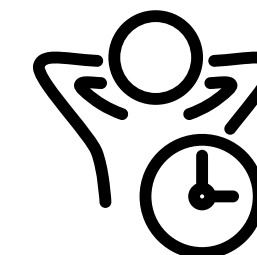

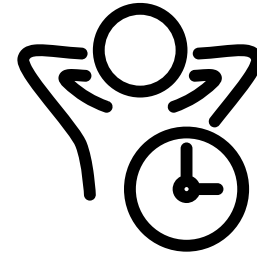
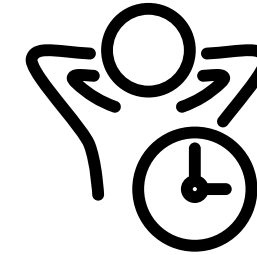
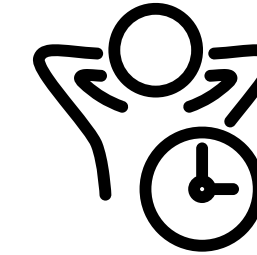


# 5K INTERMEDIATE TRAINING PLAN


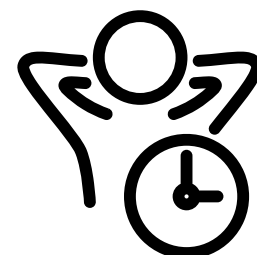
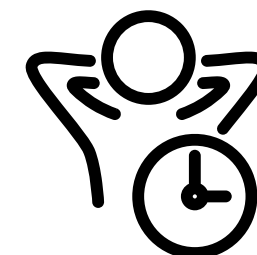
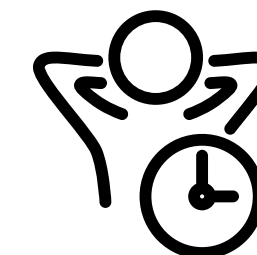

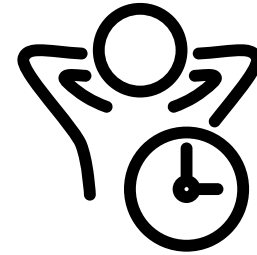
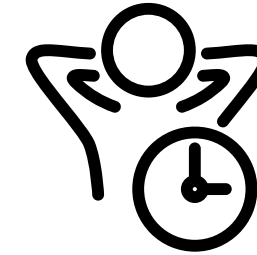
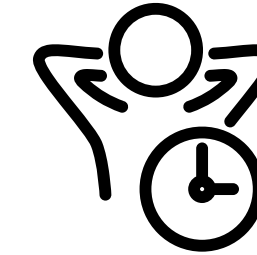


WEEK	1	2	3	4
<b>Sunday</b>	8 Km Long Run	6.5 km Easy Run	8 km Long Run	9.5 km Easy Run
<b>Monday</b>	 Rest	 Rest	 Rest	 Rest
<b>Tuesday</b>	2.5 Km warm up + 3 Km (4 x 1 km with 90s seconds recovery) Interval session + 1 Km recovery run	1.5 km warm up + 5 km (2 minutes hard, 2 minutes easy) x 6 Fartlek run + 1.5 Km recovery run	1.5 km warm up + 4 km (5 x 1 km with 90 seconds recovery) Interval session + 1.5 km recovery run	1.5 km warm up + 6.5 km (2 minutes hard, 2 minutes easy) x 8 Fartlek run + 1.5 Km recovery run
<b>Wednesday</b>	30 mins Strength Training	30 mins Strength Training	30 mins Strength Training	30 mins Strength Training
<b>Thursday</b>	5 km Easy Run	5.5 km Easy Run	7 km Easy Run	8 km Recovery Run
<b>Friday</b>	 Rest	 Rest	 Rest	 Rest
<b>Saturday</b>	5 km Easy Run	5 km Easy Run + 27mins strength training (5 - 10 mins Core Workout)	5 km Easy Run + 28mins strength training (5 - 10 mins Core Workout)	6.5 km Easy Run + 28mins strength training (5 - 10 mins Core Workout)

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# 5K INTERMEDIATE TRAINING PLAN



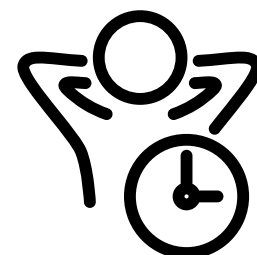
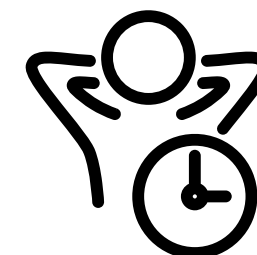



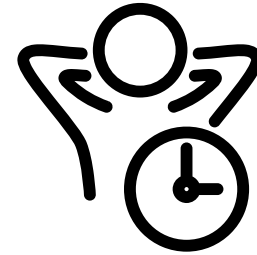
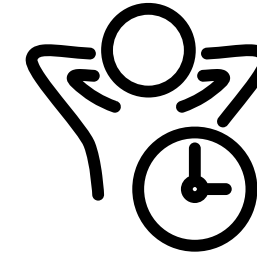



WEEK	5	6	7	8
<b>Sunday</b>	8 km Long Run	9.5 km Progression Run	6.5 km Recovery Run	10mins drills + 11 km Progression Run + Stretching routine
<b>Monday</b>	 Rest	 Rest	 Rest	 Rest
<b>Tuesday</b>	1.5 km warm up + 4 Km (3 x 1 km - 3 x 400m) 5 km workout practice + 1.5 km recovery run	1.5 km warm up + 5 km (3 x 1.5 km with 90s recovery) Interval session + 1.5 Km recovery run	2.5 Km warm up + 5.5 Km (4 x 1 km - 4 x 400m) 5 km workout run + 1.5 km recovery run	2.5 Km warm up + 6.5 Km (3 x 1.5 km, 3 x 400m with 60 seconds recovery) Interval session + 1.5Km recovery run
<b>Wednesday</b>	30 mins Strength Training	30 mins Strength Training	30 mins Strength Training	30 mins Strength Training
<b>Thursday</b>	1.5 km warm up + 5 km- Fartlek run + 1.5 m recovery run	1.5 km warm up + 6.5 km Fartlek run + 1.5 km recovery run	9.5 km Easy Run	9.5 km Easy Run
<b>Friday</b>	 Rest	 Rest	 Rest	 Rest
<b>Saturday</b>	6.5 km Easy Run + 35mins strength training (5 - 10 mins Core Workout)	6.5 km Easy Run + 35mins strength training (15 - 20 mins Core Workout)	1.5 km warm up + 5 km run + 1.5 Km recovery run + (15 - 20 mins Core Workout)	6.5 km Easy Run + 27mins strength training (15 - 20 mins Core Workout)

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# 5K INTERMEDIATE TRAINING PLAN



WEEK	9	10	11	12
<b>Sunday</b>	10mins drills + 11 km Progression Run + Stretching routine	10mins drills + 11 km Easy Run + Stretching routine	10mins drills + 9.5 km Easy Run + Stretching routine	 Rest
<b>Monday</b>	 Rest	 Rest	 Rest	 Rest
<b>Tuesday</b>	2.5 Km warm up + 3 Km (8 x 400 m reps with 45 seconds recovery) 5 km workout + 1.5 Km recovery run	2.5 Km warm up + 5 Km (3 x 1.5 km with 2 mins 30 recovery) 5 km workout + 1.5 Km recovery run	2.5 km warm up + (12 x 400 m reps with 30 seconds recovery) 5 km workout + 1.5 Km recovery run	6.5 Km Easy Run
<b>Wednesday</b>	30 mins Strength Training	30 mins Strength Training	30 mins Strength Training	5 km Easy Run + Stretching routine
<b>Thursday</b>	1.5 km warm up + 6.5 km Fartlek run + 1.5 km recovery run	1.5 km warm up + 5 km Fartlek moderate pace + 1.5 km recovery run	1.5 km warm up + 6 km Fartlek moderate pace + 1.5 km recovery run	 Rest
<b>Friday</b>	 Rest	 Rest	 Rest	5Km Race
<b>Saturday</b>	10 km Easy Run + 35mins strength training (15 - 20 mins Core Workout)	6.5 km Easy Run + 35mins strength training (15 - 20 mins Core Workout)	6.5 km Easy Run + 35mins strength training	 Rest

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