

5k Training Plan (Intermediate)

Easy Pace: “Conversational Pace” 2-3 rating of perceived exertion , Zone 1-2 heart rate

Intervals: 7-8 Intensity or Zone 4 heart rate

Target Race Pace: This can be calculated by a recent 5k, or a timed all out 1 or 2 mile.

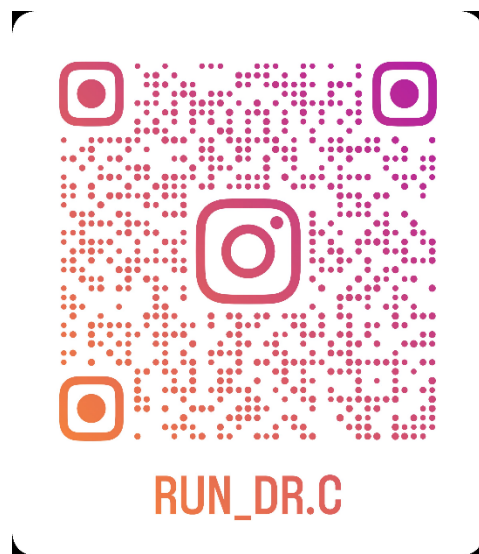
Use this VDOT calculator to find your realistic pace for race day

<https://rundna.com/community/vdot-calculator/>

Strength Plans: Full body strength always good, but running specific is better! Contact coach Lauren at bthrunning@gmail.com for a personalized plan!

In general with strength plans, try to lift heavier in the off-season of your training time (hard to get to 6-8 reps for 3 sets with the weight you have), and lighter closer to race day (10-12 reps for 3 sets)

Dynamic Drills: Suggested before all runs. You can get ideas from Coach Lauren’s Instagram @run_dr.c



Week 1:

Monday: 2 miles easy pace + strength training

Tuesday: 2 mile run + 6x 20 seconds sprint at the end of the run

Wednesday: Rest/Yoga

Thursday: 30 min Cardio – bike/elliptical/ or other of your choice

Friday: 2 miles easy pace + strength training

Saturday: Rest/ Optional Easy Walk/Cardio

Sunday: 3 miles long run, easy pace

Week 2:

Monday: 2 miles easy pace + strength training

Tuesday: 2 mile run + 6x 20 seconds sprint at the end of the run

Wednesday: Rest/Yoga

Thursday: 30 min Cardio – bike/elliptical/ or other of your choice

Friday: 3 miles easy pace + strength training

Saturday: Rest/ Optional Easy Walk/Cardio

Sunday: 4 miles long run, easy pace

Week 3:

Monday: 2 miles easy pace + strength training

Tuesday: 3 mile run + 6x 20 seconds sprint at the end of the run

Wednesday: Rest/Yoga

Thursday: 30 min Cardio – bike/elliptical/ or other of your choice

Friday: 4 miles easy pace + strength training

Saturday: Rest/ Optional Easy Walk/Cardio

Sunday: 5 miles long run, easy pace

Week 4:

Monday: 2 miles easy pace + strength training

Tuesday: 4x400m intervals with 400m easy recovery between each. 1 mile warmup and 1 mile cooldown

Wednesday: Rest/Yoga

Thursday: 40 min Cardio – bike/elliptical/ or other of your choice

Friday: 3 miles easy pace + strength training

Saturday: Rest/ Optional Easy Walk/Cardio

Sunday: 4 miles long run, easy pace

Week 5:

Monday: 2-3 miles easy pace + strength training

Tuesday: 3 mile run with 1 mile at threshold race pace in the middle

Wednesday: Rest/Yoga

Thursday: 45 min Cardio – bike/elliptical/ or other of your choice

Friday: 3 miles easy pace + strength training

Saturday: Rest/ Optional Easy Walk/Cardio

Sunday: 5 miles long run, easy pace + 6x 20 seconds at 5k pace at the end of the run

Week 6:

Monday: 3 miles easy pace + strength training

Tuesday: 6x400m intervals with 400m easy recovery between each. 1 mile warmup and 1 mile cooldown

Wednesday: Rest/Yoga

Thursday: 45 min Cardio – bike/elliptical/ or other of your choice

Friday: 4 miles easy pace + strength training

Saturday: Rest/ Optional Easy Walk/Cardio

Sunday: 4 miles long run, easy pace + 6x 20 seconds at 5k pace at the end of the run

Week 7:

Monday: 3 miles easy pace + strength training

Tuesday: 4 mile run with 2 mile at current 5k race pace in the middle

Wednesday: Rest/Yoga

Thursday: 45 min Cardio – bike/elliptical/ or other of your choice

Friday: 3 miles easy pace + strength training + 6x 20 seconds sprint at the end of the run

Saturday: Rest/ Optional Easy Walk/Cardio

Sunday: 6 miles long run, easy pace

Week 7:

Monday: 4 miles easy pace + strength training

Tuesday: 4x 800m intervals with 400m easy recovery between each, 1 mile warmup and cooldown

Wednesday: Rest/ Yoga

Thursday: 45 min Cardio – bike/elliptical/ or other of your choice

Friday: 3 miles easy pace + strength training

Saturday: Rest + optional walk/ easy cardio

Sunday: 7 miles long run at easy pace + 2x1 mile at 10k pace in the middle

Week 8:

Monday: 4 miles easy pace + strength

Tuesday: 6x400m intervals 400m easy recovery between each, 1 mile warmup and cooldown

Wednesday: Rest / Yoga

Thursday: 3 miles Easy Pace

Friday: 30 min Cardio – bike/elliptical/ or other of your choice

Saturday: Rest + optional walk/ easy cardio

Sunday: 7 mile Long Run

Week 9:

Monday: 2-3 miles easy pace light core work

Tuesday: All out timed 2 mile or 5k (calculate race pace on VDOT calculator above)

Wednesday: Rest/ Yoga

Thursday: 30 min Cardio – bike/elliptical/ or other of your choice

Friday: 2-3 miles easy pace

Saturday: Rest + optional walk/ easy cardio

Sunday: 4 mile Easy Run

Week 10:

Monday: 1-2 miles easy pace light core work

Tuesday: 3 mile run with 6x20 second intervals at 5k pace

Wednesday: Rest/ Yoga

Thursday: 30 min walk

Friday: 1-2 miles easy pace

Saturday: Rest

Sunday: RACE DAY!!!

Good luck with your training and remember to listen to your body. Adjust the intensity and distances as needed, and consult a running coach or health professional if you have any questions or concerns.