



5K INTERMEDIATE TRAINING PLAN

your step by step guide

13 week plan

5K



INTERMEDIATE

WEEK *one(sep)*

SATURDAY 13TH

- 5min Dynamic Stretch
 - Long Run 5km
- 10min Static Stretch

SUNDAY 14TH

rest or cross-training or yoga

MONDAY 15TH

- 5min Dynamic Stretch
- Easy Run 4Km (5x 100m run + 100m walk)
- 10min Static Stretch

TUESDAY 16TH

rest or cross-training or yoga

WEDNESDAY 17TH

- 5min Dynamic Stretch
 - Tempo Run 3km
- 10min Static Stretch

THURSDAY 18TH

Easy Run 3km

FRIDAY 19TH

rest

TIP

*Increase mileage steadily;
maintain 1-2 quality sessions*



INTERMEDIATE

WEEK *two(sep)*

SATURDAY 20TH

- 5min Dynamic Stretch
 - Long Run 5km
- 10min Static Stretch

SUNDAY 21ST

rest or cross-training or yoga

MONDAY 22ND

- 5min jog + 5min Dynamic Stretch
- Intervals (5x 600m Run Good + 200m Walk)
 - 5min Jog
- 10min Static Stretch

TUESDAY 23RD

rest or cross-training or yoga

WEDNESDAY 24TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 4km
- 10min Static Stretch

THURSDAY 25TH

Easy Run 4km

FRIDAY 26TH

rest

TIP

*Add strides after easy runs
to improve leg turnover*



INTERMEDIATE

WEEK *three(sep)*

SATURDAY 27TH

- 5min Jog + 5min Dynamic Stretch
 - Long Run 6km
 - 10min Static Stretch

SUNDAY 28TH

rest or cross-training or yoga

MONDAY 29TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (15x 30sec run + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 30TH

rest or cross-training or yoga

WEDNESDAY 1ST

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 2ND

Easy Run 5km

FRIDAY 3RD

rest

TIP

*Push harder in intervals;
keep recovery jogs short*



INTERMEDIATE

WEEK *four(oct)*

SATURDAY 4TH

- 5min Jog + 5min Dynamic Stretch
 - Long Run 7km
- 10min Static Stretch

SUNDAY 5TH

rest or cross-training or yoga

MONDAY 6TH

- 5min Jog + 5min Dynamic Stretch
- Intervals (4x 1000m run fast + 200m walk)
 - 5min Jog
- 10min Static Stretch

TUESDAY 7TH

rest or cross-training or yoga

WEDNESDAY 8TH

- 5min Jog + 5min Dynamic Stretch
 - Tempo Run 5km
- 10min Static Stretch

THURSDAY 9TH

Easy Run 5km

FRIDAY 10TH

rest

TIP

Tempo runs should be slightly faster; challenge comfort zone



INTERMEDIATE

WEEK *five(oct)*

SATURDAY 11TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 8Km
 - 10Min Static Stretch

SUNDAY 12TH

rest or cross-training or yoga

MONDAY 13TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (20x 30sec Good Run + 1min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 14TH

rest or cross-training or yoga

WEDNESDAY 15TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 16TH

- 5min jog + 5min Dynamic Stretch
- Intervals (15x 100m run fast + 100m walk)
 - 5min Jog
 - 10min Static Stretch

FRIDAY 17TH

rest

TIP

*Add hill sprints post-run;
maintain form under fatigue*



INTERMEDIATE

WEEK *six(oct)*

SATURDAY 18TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 8km
 - 10min Static Stretch

SUNDAY 19TH

rest or cross-training or yoga

MONDAY 20TH

- 5min jog + 5min Dynamic Stretch
- Intervals (15x 200m run fast + 200m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 21ST

rest or cross-training or yoga

WEDNESDAY 22ND

- 5min Jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 23RD

Easy Run 5km

FRIDAY 24TH

rest

TIP

Build mental strength; embrace the challenge of long runs.



INTERMEDIATE

WEEK *seven(oct)*

SATURDAY 25TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 10km
 - 10min Static Stretch

SUNDAY 26TH

rest or cross-training or yoga

MONDAY 27TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (20x 1min fast + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 28TH

rest or cross-training or yoga

WEDNESDAY 29TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 4km
 - 10min Static Stretch

THURSDAY 30TH

- 5min jog + 5min Dynamic Stretch
- Intervals (15x 100m run fast + 100m walk)
 - 5min Jog
 - 10min Static Stretch

FRIDAY 31TH

rest

TIP *Alternate fartlek and tempo sessions for variety*



INTERMEDIATE

WEEK *eight(nov)*

SATURDAY 1ST

- 5min jog + 5min Dynamic Stretch
 - Long Run 10km
 - 10min Static Stretch

SUNDAY 2ND

rest or cross-training or yoga

MONDAY 3RD

- 5min jog + 5min Dynamic Stretch
- Intervals (10x 500m run good + 200m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 4TH

rest or cross-training or yoga

WEDNESDAY 5TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 6TH

Easy Run 7km

FRIDAY 7TH

rest

TIP

Reduce recovery time in intervals; sustain pace



INTERMEDIATE

WEEK *nine(nov)*

SATURDAY 8TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 10km
 - 10min Static Stretch

SUNDAY 9TH

rest or cross-training or yoga

MONDAY 10TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (15x 1 min fast + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 11TH

rest or cross-training or yoga

WEDNESDAY 12TH

- 5min jog + 5min Dynamic Stretch
- Intervals (10x 300m run good + 200m walk)
 - 10min Static Stretch

THURSDAY 13TH

- 5min Jog + 5min Dynamic Stretch
- Intervals (20x 1min run fast + 2min walk)
 - 5min Jog
 - 10min Static Stretch

FRIDAY 14TH

rest

TIP

*Add short surges mid-long
run to boost stamina*



INTERMEDIATE

WEEK *ten(nov)*

SATURDAY 15TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 10km
 - 10min Static Stretch

SUNDAY 16TH

rest or cross-training or yoga

MONDAY 17TH

- 5min jog + 5min Dynamic Stretch
- Intervals (5x 1000m Run Fast + 200m Walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 18TH

rest or cross-training or yoga

WEDNESDAY 19TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 20TH

Easy Run 7km

FRIDAY 21TH

rest

TIP *Practice extended
race pace segments*



INTERMEDIATE

WEEK *eleven* (*nov*)

SATURDAY 22ND

- 5min jog + 5min Dynamic Stretch
 - Long Run 10km
 - 10min Static Stretch

SUNDAY 23RD

rest or cross-training or yoga

MONDAY 24TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (12x 1min fast + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 25TH

rest or cross-training or yoga

WEDNESDAY 26TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 27TH

- 5min Jog + 5min Dynamic Stretch
- Intervals (10x 1min run fast + 2min walk)
 - 5min Jog
 - 10min Static Stretch

FRIDAY 28TH

rest

TIP

*Reduce mileage but
keep intensity sharp*



INTERMEDIATE

WEEK *twelve(dec)*

SATURDAY 29TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 7km
 - 10min Static Stretch

SUNDAY 30TH

rest or cross-training or yoga

MONDAY 1ST

- 5min jog + 5min Dynamic Stretch
- Intervals (10x 400m Run Fast + 200m Walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 2ND

rest or yoga

WEDNESDAY 3RD

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 4km
 - 10min Static Stretch

THURSDAY 4TH

Easy Run 6km

FRIDAY 5TH

rest

TIP

*Very light intervals;
focus on race readiness*



INTERMEDIATE

WEEK *thirteen* (dec)

SATURDAY 6TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 4km
 - 10min Static Stretch

SUNDAY 7TH

rest or cross-training or yoga

MONDAY 8TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 4km + (5 x 100m run + 100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 9TH

rest or cross-training or yoga

WEDNESDAY 10TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 3km
 - 10min Static Stretch

THURSDAY 11TH

rest or yoga

FRIDAY 12TH

rest

TIP

*Race week: 2-3 short s
hakeouts; prioritize rest*



INTERMEDIATE

Race day!

SATURDAY, DECEMBER 13TH

BEFORE YOUR 5K RACE

5min Jog + 10min Dynamic Stretch

AFTER YOUR 5K RACE

10min Static Stretch

Good luck!