

5k Charity Run 2018: Intermediate Training Schedule

A programme for those who know that they are currently capable of running 5k in between 20 - 30 minutes.

Crossing-training (CT):



Activities allow you to give your joints and running muscles a break, while still working on your cardio. When the schedule calls for CT, do a cardio activity other than running (e.g., biking, swimming, elliptical trainer) at moderate effort for 45-60 minutes.

Tempo Run:



Tempo runs help you develop your anaerobic threshold, which is critical for fast 5K racing. Start your run with 5-10 minutes easy running, then continue with 15-20 minutes running near your 10K pace (but not at race pace), and finish with 5-10 minutes cooling down. If you're not sure what your 10K pace is, run at a pace that feels "comfortably hard."

Interval workouts (IW):



After a warm-up, run 400 meters (one lap around most tracks) hard, and then recover by jogging or walking 400 meters. So 3 x 400 would be three hard 400s, with a 400 m recovery in between.

Rest:

REST Rest is critical to your recovery and injury prevention efforts, so don't ignore rest days. Your muscles actually build and repair themselves during your rest days. So if you run every day without taking days off, you won't see much improvement. Fridays are a good day for rest because you just did a speed workout on Thursday and you have your longest run of the week tomorrow.

Saturday long runs:



After you warm up, run at a comfortable pace for the designated mileage. Make sure you cool down and stretch after your run.

Sundays:



This is an active recovery day. Your run should be at an easy, comfortable pace, which helps loosen up your muscles until the week before the Race when a more testing run is required.

Note: You can switch days to accommodate your schedule. Just make sure you don't do two intense speed workouts two days in a row.

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WEEK	 Monday	 Tuesday	 Wednesday	 Thursday	REST Friday	 Saturday	 Sunday
1 (w/c 9 July 17)	CT or Rest	IW 3 x 400	Run 2 miles	Tempo Run 30 minutes	Rest	Run 5 miles	Easy Run 30 minutes
2 (w/c 16 July 17)	CT or Rest	IW 4 x 400	Run 2 miles	Tempo Run 30 minutes	Rest	Run 5 miles	Easy Run 35 minutes
3 (w/c 23 July 17)	CT or Rest	IW 4 x 400	Run 3 miles	Tempo Run 30 minutes	Rest	Run 6 miles	Easy Run 35 minutes
4 (w/c 30 July 17)	CT or Rest	IW 5 x 400	Run 3 miles	Tempo Run 35 minutes	Rest	Run 6 miles	Easy Run 40 minutes
5 (w/c 6 Aug 17)	CT or Rest	IW 5 x 400	Run 3 miles	Tempo Run 35 minutes	Rest	Run 7 miles	Easy Run 35 minutes
6 (w/c 13 Aug 17)	CT or Rest	IW 6 x 400	Run 3 miles	Tempo Run 40 minutes	Rest	Run 6 miles	Easy Run 40 minutes
7 (w/c 20 Aug 17)	CT or Rest	IW 6 x 400	Run 3 miles	Tempo Run 40 minutes	Rest	Run 7 miles	Easy Run 45 minutes
8 (w/c 27 Aug 17)	CT or Rest	Run 3 miles	Tempo Run 30 minutes	Run 2 miles	Rest	Rest	Tempo Run 45 minutes
9 (w/c 3 Sep 17)	CT or Rest	Easy Run 2 miles	Rest	Michelmores 5K Race!			