



5km intermediate plan

Week 1 - Getting started

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Rest	Rest	Jog	Rest	Jog
Session Details	Aim to walk/jog for 20mins.				Aim to walk/jog for 20mins.		Aim jog for 25mins.
Focus	Move at a pace where you could still have a conversation.				Move at a pace where you could still have a conversation.		Take it easy, focus on building up the amount of time you jog during the 25mins.

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Run	Jog
Session Details		Easy pace 20min run.		20min run.		20min run.	Jog for 25mins.
Focus		Stay relaxed as you begin to build up training volume.		Easy pace, stay relaxed.		Easy pace, stay relaxed.	This is your 4th run this week, take it easy.

Week 3 - Extending jogging time

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Rest	Run
Session Details		20mins steady pace.		Interval training 15mins.			30mins.
Focus		Move at a pace where you could still have a conversation.		Alternate between running fast for 2mins and slow for 2mins.			Easy pace, stay relaxed.

Week 4 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		25mins steady pace.	25mins steady pace.		25mins steady pace.		35mins.
Focus		Easy pace, stay relaxed.	Try a different route, or go off-road to mix it up.		Easy pace, stay relaxed.		Stay at a steady pace and focus on the duration.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		Easy 20mins.	Interval training 35mins.		Steady 25mins.		40mins.
Focus		Easy pace, stay relaxed.	Alternate between a moderate pace for 5mins and walking for 3mins.		Find an undulating route with lots of little challenges.		Stay at a steady pace and focus on the duration.

Week 6 - Recovery and consolidation

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Rest	Run
Session Details		20min run.		Easy 20mins.			Easy 20mins.
Focus		Push hard for 30secs after every steady 10mins.		Easy pace, stay relaxed.			Try a different route, or go off-road to mix it up.

Week 7 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Rest	Run	Rest	*Run*	Rest	Run
Session Details	Easy 20mins.		Fast 20mins.		Steady 20mins.		45mins.
Focus	Easy pace, stay relaxed.		Find a pace just out of your comfort zone but still maintainable.		Optional jog - if your body is tired listen, and rest instead.		Stay at a steady pace and focus on the duration.

Week 8 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		Steady 25mins.	Interval training 45mins.		Steady 25mins.		40mins.
Focus		Steady pace, stay relaxed.	Alternate between a moderate pace for 5mins and walking for 3mins.		Stead pace, stay relaxed.		Take it easy for the first and last 10mins.

Week 9 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		Hill runs.	Easy 20mins.		Steady 25mins.		40mins.
Focus		Run up a fairly steep hill and walk back down, repeat 6 times.	Easy pace, stay relaxed.		Steady pace, stay relaxed.		Take it easy for the first and last 10mins.

Week 10 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Rest	Run	Rest	Run	Rest	Run
Session Details	Easy 20mins.		30mins.		Steady 25mins.		45mins.
Focus	Easy pace, stay relaxed.		Find an undulating route with lots of little challenges.		Steady pace, stay relaxed.		Stay at a steady pace and focus on the duration.

Week 11 - Reach your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		Interval training 45mins.	Easy 25mins.		Steady 25mins.		45mins.
Focus		Alternate between a moderate pace for 5mins and walking for 3mins.	Easy pace, stay relaxed.		Steady pace, stay relaxed.		Last long training run, keep the pace steady.

Week 12 - Event week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Run	Event day
Session Details		Easy 20mins.		Easy 25mins.		Very easy 10mins!	Today is the day!
Focus		Easy pace, stay relaxed.		Easy pace, stay relaxed.		Very easy pace, stay relaxed.	Stay relaxed and enjoy the day. You've come so far in such a short time, well done!