



## 5km Training Plan: Intermediate

If you can already run 20 minutes straight through then this is the plan for you. The 12 weeks will introduce running at different intensities, which will improve your speed over 5km. We use walk breaks in the long run due to the length of this run, but you'll find they really help you recover faster from the sessions.

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up running too quickly, which can result in feeling tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart. Here's our guide to the running sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Type of Session	PERCEIVED EFFORT LEVEL (1-10)*	HOW IT SHOULD FEEL - "THE TALK TEST"
Recovery / Easy Run	6-6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch
Easy Cross Training (Gym Class)	6-7	We have plenty of cross training in the plan, it enables us to get the cardiovascular gains without the impact of running. Please use gym classes if you want to, just aim for Easy / Steady Effort level so it compliments the running you are doing.
Long Run	6.5-7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue. We recommend trying some run / walk intervals for this run. Feel free to adjust the suggested run / walk intervals.
Steady Effort Run	7-8	You can speak in short sentences but have a slight pause on your breath. It sits between Easy and Threshold running.
Threshold runs	8-8.5	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	30 minutes Conditioning Work	20 minutes Easy Run	40 mins Easy Cross Training / Gym Class	REST	12 minutes Easy Run, 3 minutes Brisk Walk, 12 minutes Easy Run	REST	50 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 2	30 minutes Conditioning Work	25 minutes Easy Run	40 mins Easy Cross Training / Gym Class	10 minutes Easy Run, 3 minutes Brisk Walk, 5 minutes Steady Run, 5 minutes Easy Run	REST	40 mins Easy Cross Training / Gym Class	55 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 3	30 minutes Conditioning Work	30 minutes Easy Run	REST	8 minutes Easy, 8 minutes Steady, 8 minutes Easy	40 mins Easy Cross Training / Gym Class	REST	60 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 4	30 minutes Conditioning Work	REST	30 minutes Easy Run	40 mins Easy Cross Training / Gym Class	REST	10 minutes Easy Run, 3 minutes Brisk Walk, 5 minutes Steady Run, 5 minutes Easy Run	55 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 5	30 minutes Conditioning Work	40 mins Easy Cross Training / Gym Class	5 minutes Brisk Walk, 5 minutes Easy Run, 4 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	10 minutes Easy, 10 minutes Steady, 10 minutes Easy	30 mins Easy Cross Training / Gym Class	60 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 6	30 minutes Conditioning Work	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	40 mins Easy Cross Training / Gym Class	25 minutes Easy Run	REST	40 mins Easy Cross Training / Gym Class	65 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking

Week 7	30 minutes Conditioning Work	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	40 mins Easy Cross Training / Gym Class	20 minutes Easy Run	REST	45 minutes Easy Long Run
Week 8	30 minutes Conditioning Work	40 mins Easy Cross Training / Gym Class	5 minutes Brisk Walk, 5 minutes Easy Run, 4 x 4 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	25 minutes Easy Run	40 mins Easy Cross Training / Gym Class	65 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 9	30 minutes Conditioning Work	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 4 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	40 mins Easy Cross Training / Gym Class	REST	10 minutes Warm Up, 4 x 6 minutes at Threshold effort over undulating terrain with a 90 second recovery, 10 minutes Cool Down	REST	50 minutes Easy Long Run
Week 10	30 minutes Conditioning Work	5 minutes Brisk Walk, 5 minutes Easy Run, 4 x 5 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	40 mins Easy Cross Training / Gym Class	30 minutes Easy Run	REST	40 mins Easy Cross Training / Gym Class	65 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking

Week 11	30 minutes Conditioning Work	10 minutes Warm Up, 5 x 4 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	REST	30 minutes Easy Run	REST	REST	40 minutes Easy Long Run
Week 12	REST	10 mins warm-up, 5 x 3 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool- down + Stretch	30 minutes Easy Cross Training	REST	20 minutes Easy Run	REST	<b>5km Race Day</b>

### Making the Training Plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind:

Key sessions for each week are highlighted in Red. These are the non-negotiable sessions that you need to fit into your diary one way or view in order to run your best race.

Avoid key sessions on back to back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an Easy Long Run, but this is for more advanced runners.

Sessions in Black are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.