



## Running Plan 5 km Intermediate

	Running Schedule	✓
Week 1, Day 1	30 min Fun Run	
Week 1, Day 2	30 min Timed Interval Run: 6 min warm up jog, alternate 6 times: 1 min fast run, 2 min slow run, 6 min cool down jog	
Week 1, Day 3	3 km Long Run	
Week 2, Day 1	40 min Fun Run	
Week 2, Day 2	30 min Timed Interval Run: 5 min warm up, alternate 5 times: 2 min fast run, 2 min slow run, 5 min cool down jog	
Week 2, Day 3	5 km Long Run	
Week 3, Day 1	50 min Fun Run	
Week 3, Day 2	30 min Tempo Run: 10 min warm up, 20 min tempo run (ca level 8 out of 10), 10 min cool down	
Week 3, Day 3	8 km Long Run	
Week 4, Day 1	60 min Fun Run	
Week 4, Day 2	30 min Hill Run: 5 min warm up, alternate for 20 min on a hill: 2 min fast up-hill, slow down-hill, 5 min cool down jog	
Week 4, Day 3	Race Day	