

The 6-Week Intermediate 5K Programme

This programme is designed for those who are already running around 10 miles in total a week. The aim is to get you to finish a 5K race in a time that you'll be pleased with, possibly a personal best (PB). If you require a more advanced or tailored training programme, please contact Heather at heather@hafitness.com.

The purpose of the interval training is to help you to improve your speed. You should run the fast intervals comfortably hard, aiming for a pace that is faster than your 5K race pace. Then recover by jogging or walking.

Have a rest day after each run (ie run on Mondays, Thursdays and Saturdays see below).

If you've more than 6 weeks before the race, get started now, and repeat weeks 2, 3 and/or 4.

Wk	Mon	Thurs	Sat
1	3 miles	Interval training (total 4 miles): Warm up for 1 mile, then: Run 1/4 mile (400m) fast Jog/walk for 1/4 mile (400m) recovery Repeat 6 times	4 miles
2	3 miles	Interval training (total 4.5 miles): Warm up for 1 mile, then: Run 1/4 mile (400m) fast Jog/walk for 1/4 mile (400m) Repeat 7 times	5 miles
3	3 miles	Interval training (total 5 miles): Warm up for 1 mile, then: Run 1/4 mile (400m) fast Jog/walk for 1/4 mile (400m) Repeat 8 times	6 miles
4	3 miles	Time a 5K run to see how fast you are! Warm up first.	7 miles
5	3 miles	Interval training (total 5 miles): Warm up for 1 mile, then: Run 1/4 mile (400m) fast Jog/walk for 1/4 mile (400m) Repeat 8 times	7 miles
6	3 miles	3 miles	REST & get ready for your RACE on Sunday!!

GOOD LUCK!!
Heather