



# Intermediate 5km programme

This programme is for you if you've already done a 5km (3 mile) race and would like to improve your time.

Use this alongside our 5km training webpage: [bupa.co.uk/5k-plan](http://bupa.co.uk/5k-plan).  
The effort levels described here correspond to the 'Activity' column.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 mins easy	30 mins tempo	Rest	20 mins easy	Rest	Long run: 3k
Week 2	Rest	20 mins easy	30 mins interval running	Rest	20 mins easy	Rest	Long run: 3k
Week 3	Rest	20 to 30 mins easy	30 mins tempo	Rest	20 mins easy	Rest	Long run: 4k
Week 4	Rest	30 mins easy	30 mins tempo	Rest	30 mins interval running	Rest	Long run: 4k
Week 5	Rest	20 mins easy	30 mins tempo running	Rest	20 mins easy	Rest	Long run: 7k
Week 6	Rest	30 mins easy	30 mins tempo	Rest	30 mins interval running	Rest	Long run: 4k
Week 7	Rest	30 mins easy	30 mins tempo	Rest	30 mins easy	Rest	Long run: 6k
Week 8	Rest	20 mins easy	Rest	Rest	10 mins easy	Rest	5km RACE

