



Intermediate 5km programme

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

1km is equivalent to 0.6 miles. For this training programme, distances in miles have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins speed	Rest	3 miles (5km) long run
Week 2	Rest	20 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins speed	Rest	4 miles (6km) long run
Week 3	Rest	20 to 30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins speed	Rest	4 miles (6km) long run
Week 4	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	5 miles (8km) long run
Week 5	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	6 miles (10km) long run
Week 6	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	6 miles (10km) long run
Week 7	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins speed	Rest	6 miles (10km) long run
Week 8	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins easy	Rest	5 km RACE

