

Intermediate 5K Training Program

Week		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Beginning								
Week 1	11-Mar	Rest	15 minute run	Cross Training (Optional)	Rest	15 minute run	Cross Training (Optional)	2 Mile run
Week 2	18-Mar	Rest	15 minute run	Cross Training (Optional)	Rest	20 minute run	Cross Training (Optional)	2 Mile run
Week 3	25-Mar	Rest	20 minute run	Cross Training (Optional)	Rest	20 minute run	Cross Training (Optional)	2.5 mile run
Week 4	1-Apr	Rest	25 minute run	Cross Training (Optional)	Rest	25 minute run	Cross Training (Optional)	3 mile run
Week 5	8-Apr	Rest	25 minute run	Cross Training (Optional)	Rest	7	Cross Training (Optional)	3 mile run
Week 6	15-Apr	Rest	30 minute run	Cross Training (Optional)	Rest	30 minute run	Cross Training (Optional)	3.5 mile run
Week 7	22-Apr	Rest	25 minute run	Cross Training (Optional)	Rest	25 minute run	Cross Training (Optional)	3 mile run
Week 8	29-Apr	Rest	25 minute run	Rest	Rest	15 minute run	Rest	5K