

Intermediate Level 5K Training Plan

Week	Monday (Recovery)	Tuesday (Run)	Wednesday (Cross-Train)	Thursday (Run)	Friday (Recovery)	Saturday (Slow, Long Distance)	Sunday (Active Recovery)	Total
1	Rest	1 ½ miles	Cross-training exercise	2 miles	Rest	2 ½ miles	2 miles	8 miles
2	Rest	2 miles	Cross-training exercise	2 miles	Rest	3 miles	2 miles	8 miles
3	Rest	2 miles	Cross-training exercise	2 ½ miles	Rest	3 ½ miles	2 miles	10 miles
4	Rest	2 miles	Cross-training exercise	3 miles	Rest	4 miles	2 miles	11 miles
5	Rest	3 miles	Cross-training exercise	3 miles	Rest	4 ½ miles	2 ½ miles	12 miles
6	Rest	2 miles	Cross-training exercise	3 miles	Rest	5 miles	3 miles	13 miles
7	Rest	2 miles	Cross-training exercise	3 ½ miles	Rest	5 ½ miles	3 miles	14 miles
Race Week	Rest	2 ½ miles	Cross-training exercise	3 miles	Rest	RACE DAY! 3.1 miles	Walk or Rest	8.6 miles

