

6-week Intermediate 5K Schedule

This is for you if you can run for 30 minutes, four times a week

WEEK ONE

MONDAY Rest
TUESDAY 20-25 mins easy
WEDNESDAY Rest
THURSDAY 10 mins easy, then 4 x 1 min brisk with 2-min jog recoveries, then 10 mins easy
FRIDAY Rest
SATURDAY 20 mins easy
SUNDAY 30 mins easy

WEEK TWO

MONDAY Rest
TUESDAY 20-25 mins easy
WEDNESDAY Rest
THURSDAY 10 mins easy, then 4-5 x 90 secs brisk with 2.5-min jog recoveries, then 10 mins easy
FRIDAY Rest
SATURDAY 20 mins easy
SUNDAY 35 mins easy

WEEK THREE

MONDAY Rest
TUESDAY 25-30 mins easy
WEDNESDAY Rest
THURSDAY 10 mins easy, then 20 mins fartlek (free-form fast and slow running)
FRIDAY Rest
SATURDAY 25 mins easy
SUNDAY 40 mins easy

WEEK FOUR

MONDAY Rest
TUESDAY 10 mins easy, then stretch, then 1 measured mile, timed, fast, then 10 mins easy
WEDNESDAY Rest
THURSDAY 10 mins easy, then 20 mins fartlek, then 10 mins easy
FRIDAY Rest
SATURDAY 20 mins easy
SUNDAY 45 mins easy

WEEK FIVE

MONDAY Rest
TUESDAY 25-30 mins easy
WEDNESDAY Rest
THURSDAY 10 mins easy, then 3 x 3 mins brisk with 3-min jog recoveries, then 10 mins easy
FRIDAY Rest
SATURDAY 25 mins easy
SUNDAY 35 mins easy

WEEK SIX

MONDAY Rest
TUESDAY 25 mins easy, incorporating 6 x 20-40 seconds faster-paced running
WEDNESDAY Rest
THURSDAY 20-25 mins easy
FRIDAY Rest
SATURDAY 15 mins easy or rest
SUNDAY 5K Race!