

Running Types

Interval Training or Speed Work:

This is an anaerobic workout, running at a faster pace than your race pace. If for example you run 10K at an average of six minutes a mile then this speed work will be done in a pace between 5:15 and 5:45 per mile. An interval session could be 3 times one mile at 5:40 pace with a rest in between of 5 minutes in a very slow jog, allowing your body to recover before the next hard mile. This type of workout lets your body learn to run fast. It recruits fast twitch muscle fibers that do not get used in long distance runs.

If there is no track available where you live I would suggest running 6 minutes hard then 5 minutes very easy (a jog). Repeat this three times. These longer interval runs, work well in increasing your VO2 max; the amount of oxygen your body uses that it takes in. If you can increase your VO2 max you will be able to run further at a faster pace.

Tempo Runs:

Tempo runs are done at a pace close to, but never exceeding, your lactate threshold. Your lactate threshold is the fastest pace running that you can maintain for a fairly long period of time (around 20 minutes) without accumulating lactic acid. You can increase your lactate threshold through tempo runs.

You should run between 4 and 6 miles at 20 to 30 seconds slower than your race pace. I recommend finding a nice quiet road that has some hills and some flat sections. The change of terrain will stress different muscles and will improve your running economy. These runs are the closest you will get to simulate a racing situation. Interval sessions are much faster than race pace and distance runs are much slower than a race. Tempo runs will help with your pace judgment and your running form. It is a bit of a race situation without the exhaustion you will have in your real races.

Long Distance Runs:

Long runs are usually done on Sunday mornings the day after your tempo run or interval session. This is a long aerobic run, building your aerobic base. You should do this run slower than your race pace. This run should be done at a conversational pace. If you have a training partner you will want to be able to talk to them for the entire run. You should be able to enjoy the weather, the scenery and inhaling the fresh air of the season you are in.

Easy Days:

These are 'days off', cross training or slow short runs to aid in recovery from hard days. The easy day is often overlooked but is needed to prevent injuries and illnesses that come from over training.

Fit For...

Running 5k Training Plan for Intermediates

Week 1	Monday Tempo run 5 min, easy 3 x 5 min tempo pace, 1 min recovery 5 min cool down	Tuesday 5 miles, easy	Wednesday 6 miles, easy	Thursday 5 miles, easy	Friday Rest	Saturday 5 miles, easy	Sunday 8 miles, easy
Week 2	Monday Tempo run 5 min, warm up 1 x 15 min tempo pace 5 min cool down	Tuesday 5 miles, easy 6 x 100m fast	Wednesday 6 miles, easy	Thursday 5 miles, easy	Friday 6 miles, easy	Saturday Rest	Sunday 8 miles, easy
Week 3	Monday Tempo run 5 min, warm up 4 x 5 min tempo pace, 1 min recovery 5 min cool down	Tuesday 5 miles, easy 6 x 100m fast	Wednesday 6 miles, easy 5 x 1 min sprints, 2 mins recovery	Thursday 7 miles, easy	Friday 5 miles, easy	Saturday Rest	Sunday 9 miles, easy
Week 4	Monday Tempo run 5 min, warm up 1 x 20 min tempo pace 5 min cool down	Tuesday 5 miles, easy 6 x 100m fast	Wednesday 6 miles, easy 5 x 1 min sprints, 2 mins recovery	Thursday 7 miles, easy	Friday 5 miles, easy	Saturday Rest	Sunday 9 miles, easy
Week 5	Monday Interval run 5 min, warm up 3k race pace 3 min rest 2 x 800m rest 2 x 400m 5 min cool down	Tuesday 5 miles, easy 5 x 100m fast	Wednesday 6 miles, easy	Thursday 5 miles, easy	Friday 8 miles, easy	Saturday Rest	Sunday 10 miles, easy
Week 6	Monday Tempo run 5 min, warm up 5 x 5 min tempo pace 5 min cool down	Tuesday 5 miles, easy 5 x 100m fast	Wednesday 6 miles, easy	Thursday 5 miles, easy	Friday 8 miles, easy	Saturday Rest	Sunday 10 miles, easy

**Remember your warm-up and cool down stretches*

**RACE
DIRECTORY**

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race directory link back on the site.*

Fit For...

Running 5k Training Plan for Intermediates

Week 7	Monday Tempo run 5 min, warm up 1 x 25 min tempo pace 5 min cool down	Tuesday 6 miles, easy 5 x 100m fast	Wednesday 7 miles, easy 5 x 3min faster pace, 3min recovery each	Thursday 5 miles, easy	Friday 8 miles, easy	Saturday Rest	Sunday 10 miles, easy
Week 8	Monday Tempo run 5 min, warm up 1 x 25 min tempo pace 5 min cool down	Tuesday 6 miles, easy 5 x 100m fast	Wednesday 5min warm up 8 x 400m fast 5min cool down	Thursday 5 miles, easy	Friday 8 miles, easy	Saturday Rest	Sunday 10 miles, easy
Week 9	Monday Tempo run 5 min, warm up 1 x 25 min tempo pace 5 min cool down	Tuesday 6 miles, easy 5 x 100m fast	Wednesday 5min warm up 10 x 400m fast 5min cool down	Thursday 5 miles, easy	Friday 8 miles, easy	Saturday Rest	Sunday 11 miles, easy
Week 10	Monday 5 min, warm up 1 mile fast 5 min cool down	Tuesday 6 miles, easy 5 x 100m fast	Wednesday 5min warm up 1600m race pace 1200m race pace 800m race pace 400m race pace 400m recovery each 5 min cool down	Thursday 5 miles, easy	Friday 8 miles, easy	Saturday Rest	Sunday 9 miles, easy
Week 11	Monday 5 miles, easy 5 x 100m fast	Tuesday 5min warm up 6 x 400m race pace 2mins recovery each 5 min cool down	Wednesday 4 miles, easy	Thursday 5 miles, easy	Friday Rest	Saturday 2 miles, easy	Sunday Race Day

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