

# 5KM TRAINING GUIDE FOR INTERMEDIATE RUNNERS



| WEEK 1 |   |                        |   |       |   |   |
|--------|---|------------------------|---|-------|---|---|
| DAY 1  | DAY 2   | DAY 3                  | DAY 4   | DAY 5 | DAY 6   | DAY 7   |
| Rest   | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 30 min easy run</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +15 min steady run +10 min easy run (Total 35min)</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min steady run</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min easy run</li> <li>• Post workout stretching</li> </ul> |

| WEEK 2 |  |                        |   |       |   |   |
|--------|--|------------------------|---|-------|---|---|
| DAY 1  | DAY 2  | DAY 3                  | DAY 4   | DAY 5 | DAY 6   | DAY 7   |
| Rest   | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +20 min steady run+10 min easy run (Total 40min)</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min steady run</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10min easy run + 5 x (2min Interval run, 2min easy run) + 10 min steady run. Total 40 min</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 45 min easy run</li> <li>• Post workout stretching</li> </ul> |

| WEEK 3 |  |                        |   |       |   |   |
|--------|--|------------------------|---|-------|---|---|
| DAY 1  | DAY 2  | DAY 3                  | DAY 4   | DAY 5 | DAY 6   | DAY 7   |
| Rest   | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +25 min steady run+10 min easy run (Total 45min)</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 45 min steady run</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10min easy run + 3 x (5min Interval run, 2min easy run) + 10 min easy run. Total 41 min</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 50 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 4

| DAY 1 | DAY 2  | DAY 3                  | DAY 4   | DAY 5 | DAY 6   | DAY 7   |
|-------|--|------------------------|---|-------|---|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min Fartlek running</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• Steady run 50 min</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10min easy run + 2 x (8min Interval run, 3min easy run) + 10 min easy run. Total 42 min</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 50 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 5

| DAY 1 | DAY 2  | DAY 3                  | DAY 4  | DAY 5 | DAY 6   | DAY 7   |
|-------|--|------------------------|--|-------|---|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 45 min Fartlek running</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10min easy run + 6 x (2min Interval run, 2min easy run) + 10 min steady run. Total 44 min pace</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 5 km run (80-85% race pace)</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 55 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 6

## RECOVERY WEEK

| DAY 1 | DAY 2   | DAY 3                  | DAY 4  | DAY 5 | DAY 6   | DAY 7   |
|-------|---|------------------------|--|-------|---|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 30 min easy run</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +15 min steady run+10 min easy run (Total 35min)</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 5min easy run + 6 x (1min Interval run, 1min easy run) + 5 min easy run. Total 22 min</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 7

| DAY 1 | DAY 2   | DAY 3                  | DAY 4   | DAY 5 | DAY 6  | DAY 7   |
|-------|---|------------------------|---|-------|--|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min easy run</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10min easy run + 2 x (10min Interval run, 2min easy run) + 10 min teady run. Total 44 min</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +10 min steady run+10 min easy run+10 min steady run+10 min easy run</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 45 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 8

| DAY 1 | DAY 2  | DAY 3                  | DAY 4   | DAY 5 | DAY 6   | DAY 7   |
|-------|--|------------------------|---|-------|---|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 45 min Fartlek running</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run + 7 x (2min Interval run 2min easy run) + 10 min steady run. Total 48 min</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min steady run</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 50 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 9

| DAY 1 | DAY 2  | DAY 3                  | DAY 4  | DAY 5 | DAY 6   | DAY 7   |
|-------|--|------------------------|--|-------|---|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +25 min steady run+10 min easy run (Total 45min)</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run + 4 x (5min Interval run, 2min easy run) + 10 min easy run. Total 48 min</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 6 km run (80-85% race pace)</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 50 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 10

| DAY 1 | DAY 2  | DAY 3                  | DAY 4   | DAY 5 | DAY 6   | DAY 7   |
|-------|--|------------------------|---|-------|---|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 45 min Fartlek running</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• Steady run 50 min</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10min easy run + 2 x (8min Interval run, 3min easy run) + 10 min easy run. Total 42 min</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 55 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 11

| DAY 1 | DAY 2  | DAY 3                  | DAY 4   | DAY 5 | DAY 6   | DAY 7   |
|-------|--|------------------------|---|-------|---|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +25 min steady run+10 min easy run (Total 45min)</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10min easy run + 8 x (2min Interval run, 2min easy run) + 10 min steady run. Total 52 min</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 5 km run (85-90% race pace)</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 60 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 12

## RECOVERY WEEK

| DAY 1 | DAY 2   | DAY 3                  | DAY 4  | DAY 5 | DAY 6   | DAY 7   |
|-------|---|------------------------|--|-------|---|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 30 min easy run</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +15 min steady run+10 min easy run (Total 35min)</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 5min easy run + 6 x (1min Interval run, 1min easy run) + 5 min easy run. Total 22 min</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 13

| DAY 1 | DAY 2   | DAY 3                  | DAY 4  | DAY 5 | DAY 6  | DAY 7  |
|-------|---|------------------------|--|-------|--|--|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 45 min steady run</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +20 min steady run+10 min easy run (Total 40min)</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10min easy run + 4 x (5min Interva run, 2min easy run) + 10 min easy run. Total 48 min</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 55min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 14

| DAY 1 | DAY 2   | DAY 3                  | DAY 4   | DAY 5 | DAY 6 | DAY 7   |
|-------|---|------------------------|---|-------|-------|---|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 40 min steady run</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +15min steady run+10 min easy run (Total 35min)</li> <li>• Post workout stretching</li> </ul> | Rest  |       | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 50 min easy run</li> <li>• Post workout stretching</li> </ul> |

## WEEK 15

| DAY 1 | DAY 2   | DAY 3                  | DAY 4  | DAY 5 | DAY 6   | DAY 7  |
|-------|---|------------------------|--|-------|---|--|
| Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 35 min steady run</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 10 min easy run +10 min steady run+10 min easy run (Total 30min)</li> <li>• Post workout stretching</li> </ul> | Rest  | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 5min easy run + 8 x (1min Interval run, 1min easy run) + 5 min easy run. Total 26 min</li> <li>• Post workout stretching</li> </ul> | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 45min easy run</li> <li>• Post workout stretching</li> </ul> |

| WEEK 16 |   |                        |   |       |  |       |
|---------|---|------------------------|---|-------|--|-------|
| DAY 1   | DAY 2   | DAY 3                  | DAY 4   | DAY 5 | DAY 6  | DAY 7 |
| Rest    | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 30 min easy run</li> <li>• Post workout stretching</li> </ul> | Rest or core exercises | <ul style="list-style-type: none"> <li>• Pre work out stretching</li> <li>• 5min easy run + 6 x (30 sec acceleration, 1min easy run) + 5 min easy run. Total 19 min</li> <li>• Post workout stretching</li> </ul> | Rest  | <br><b>RACE DAY</b> |       |

### PRE WORKOUT STRETCHING

Stretching exercises to prepare joints, ligaments, tendons and muscles for workout. [https://www.youtube.com/watch?v=b2q\\_0qQcBZw](https://www.youtube.com/watch?v=b2q_0qQcBZw)

### POST WORK OUT STRETCHING

Stretching exercises to relax tension; mainly in your muscles, ligaments and tendons. <https://www.youtube.com/watch?v=5oj9-4ZQes4>

### EASY RUN

Running at a speed at which talking proves easy.

### STEADY RUN

Running at a moderate speed which makes talking difficult.

### INTERVAL RUN

Short, intense efforts followed by equal or slightly longer recovery time. For example, after a warm up, run hard for two minutes, followed by two or three minutes of easy jogging or walking to catch your breath. It should be difficult to talk during your rests from running.

### THRESHOLD RUN

Running at a pace where lactate does not accumulate significantly in the blood during the workout, but instead stays at a constant level. Lactate -"Baking" in muscles during an intense run. It will be impossible to talk.

### FARTLEK

Fartlek training is simply defined as periods of fast running intermingled with periods of slower running. For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections added in whenever possible. It should be difficult to talk during your rest from running.

### MARATHON PACE TIME

Race speed that you able to maintain throughout your participation in the event.