

# Intermediate 5K Training Programme

<b>Week</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>1</b>	Rest	3 m run	5 x 400	3 m run	Rest	3 m run	5 m run
<b>2</b>	Rest	3 m run	30 min tempo	3 m run	Rest	3 m fast	5 m run
<b>3</b>	Rest	3 m run	6 x 400	3 m run	Rest	4 m run	6 m run
<b>4</b>	Rest	3 m run	35 min tempo	3 m run	Rest	Rest	<b>5-K Test</b>
<b>5</b>	Rest	3 m run	7 x 400	3 m run	Rest	4 m fast	6 m run
<b>6</b>	Rest	3 m run	40 min tempo	3 m run	Rest	5 m run	7 m run
<b>7</b>	Rest	3 m run	8 x 400	3 m run	Rest	5 m fast	7 m run
<b>8</b>	Rest	2 m run	30 min tempo	2 m run	Rest	Rest	<b>5-K Race</b>