



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



INTERMEDIATE 5K TRAINING SCHEDULE

PRESENTED BY GEHA.



WEEK 1:

- DAY 1:** 25 min Tempo Run + 2 x 400's repeats and stretch
- DAY 2:** 5 min @5K effort + 2 min easy jog-repeat 4 times and stretch
- DAY 3:** 30 min Cross Training or Rest and stretch
- DAY 4:** 4 x 400 and stretch
- DAY 5:** Rest
- DAY 6:** 4 miles Long Run and stretch
- DAY 7:** 2 miles Easy Run and stretch

WEEK 2:

- DAY 1:** Day 1: 40 min Cross Training and stretch
- DAY 2:** 30 min Tempo Run + 3 hill repeats and stretch
- DAY 3:** 30 min Cross Training and stretch
- DAY 4:** 5 min @ 5K effort + 2 min Easy jog-repeat 4 times and stretch
- DAY 5:** Rest
- DAY 6:** 5 miles Long Run and stretch
- DAY 7:** 3 miles Easy Run and stretch

WEEK 3:

- DAY 1:** 40 min Cross Training and stretch
- DAY 2:** Middle Distance Ladder 400-600-800-600-400 with 100 walk/jog in between and stretch
- DAY 3:** 30 min Cross Training and stretch
- DAY 4:** 5 min @ 5K effort + 2 min Easy Run-repeat 3 times and stretch
- DAY 5:** Rest
- DAY 6:** 5 miles Long Run and stretch
- DAY 7:** 3 miles Easy Run and stretch

WEEK 4:

- DAY 1:** 40 min Cross Training and stretch
- DAY 2:** 25 min Tempo Run + 4 hill repeats and stretch
- DAY 3:** 30 min Cross Training and stretch
- DAY 4:** Speed Ladder 100-200-300-400-300-200-100 with 100 walk/jog in between and stretch
- DAY 5:** Rest
- DAY 6:** 5K time trial and stretch
- DAY 7:** 3 miles Easy Run/Walk and stretch

WEEK 5:

- DAY 1:** 40 min Cross Training and stretch
- DAY 2:** 25 min Tempo Run + 4 hill repeats and stretch
- DAY 3:** 30 min Cross Training and stretch
- DAY 4:** 5 min @ 5K effort + 2 min Easy Run-repeat 3 times and stretch
- DAY 5:** Rest
- DAY 6:** 5 miles Long Run and stretch
- DAY 7:** 3 miles Easy Run/Walk and stretch

WEEK 6:

- DAY 1:** 30 min Cross Training and stretch
- DAY 2:** Rest
- DAY 3:** 20 min Tempo Run and stretch
- DAY 4:** Rest
- DAY 5:** 3 miles Easy Pace and stretch
- DAY 6:** Rest
- DAY 7:** 5K Race! Run 3.1 miles