



5k TRAINING PLAN beginner - intermediate level

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL Ks
1	Hilly Run 10k (240m elevation gain)	Hill Reps 20'WU / 8x 40"uphill/walk downhill / 10'CD	Easy run 6k	Easy Run 10k		Easy run 9k		43k
2	Long Run 12k	Hill Reps 18'WU / 10x 40"uphill/walk downhill / 10'CD	Recovery Run 4k	Hill Reps 18'WU / 6x 1' uphill/walk downhill / 16'CD	Bike Ride 40'	Easy Run 10k		39k
3	Long Run 15k	Speed Play 15'WU / 5x 2'Z4/2'recovery / 15'CD	Recovery Run 4k	Track Session 12'WU / 10x 200/200 recovery / 12'CD			Easy Run 9k	43k
4	Long Run 12k	Track Session 15'WU / 2x (1200/400 with 400m recovery) + 400 extra / 15'CD	Easy Run 4k	Easy Run 5k	Bike Ride 40'		Easy Run 10k	39k
5	Long Run 14k		Long Hill Reps 12'WU / 6x 430m uphill/ recovery downhill / 12'CD	Recovery Run 5k	Bike Ride 40'	Tempo Run 1 15'WU/2x 8' Tempo with 5'recovery /20'CD	Easy Run 5k	43k
6	Long Run 15K	Long Bike Ride 3h30'	Easy Run 9k	Mixed Intervals 15'WU / 4x (3'Z4/1'rec/1'Z5/1'rec) / 15'CD		Tempo Run 2 15'WU/2x 9' Tempo with 5'recovery /18'CD		42k
7	Long run 17K	Easy Run 5k	Long Intervals 15'WU / 5x 4'Z3 / 15'CD	Bike Ride 1h	Tempo Run 3 15'WU/2x 10' Tempo with 5'recovery /15'CD		Easy Run 6k	47k
8	Long Run 15 - 20k		Easy Run with strides 5k		Newstead Abbey Dash 5K	Recovery Run 30'		

	Recovery Week
	Taper Week
	Cross Training