



5K INTERMEDIATE PLAN



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
1 1/5 - 1/11	Rest	45 min E + strides	XT 45 min	45 min E + strides	Rest	5 mi LR	45 min Walk or E	
2 1/12 - 1/18	Rest	15 min E + hill sprints + 15 min E	XT 45 min	45 min E + strides	Rest	5 mi LR	45 min Walk or E	
3 1/19 - 1/25	Rest	15 min E + 5 x 3 min @ 5-10 sec Faster than goal 5k pace w/ 2 min E recovery + 15 min E	XT 45 min	60 min E + strides	Rest	5 mi LR w/ 4 mi @ 3-4 RPE + 1 mi @ 7-8 RPE	60 min Walk or E	
4 1/26 - 2/1	Rest	45 min E	Rest	45 min E	Rest	5 mi LR	45 min E	Cutback
5 2/2 - 2/8	Rest	60 min E + strides	XT 60 min	10 min E + 5 x 4 min @ 5-10 sec Faster than goal race pace w/ 2 min E recovery + 10 min E	Rest	5 mi LR	60 min E	
6 2/9 - 2/15	Rest	10 min E + hill sprints + 10 min E	XT 60 min	60 min E + strides	30 min E	6 mi Progressive Run LR w/ 3 mi E + 2 mi @ 5-6 RPE + 1 mi @ 7-8 RPE	60 min E	+ 5th day of running.
7 2/16 - 2/22	Rest	20 min E + hill sprints + 20 min E	XT 60 min	60 min E + strides	30 min E	6 mi LR	60 min E	
8 2/23 - 3/1	Rest	60 min E	XT 45 min	60 min E	30 min E	4 mi LR	45 min Walk or E	Cutback
9 3/2 - 3/8	Rest	20 min E + hill sprints + 20 min E	XT 60 min	Alternation Run 1 mi E + 5x (.5 mi @ 7-8 RPE + .5 mi @ 5- 6 RPE) + 1 mi E	30 min E	6 mi LR	60 min E	
10 3/9 - 3/15	Rest	60 min E + strides	XT 60 min	60 min E + strides	30 min E	7 mi Progressive LR w/ 3 mi E + 3 mi @ 5-6 RPE + 1 mi @ 7-8 RPE	60 min E	Peak Week
11 3/16 - 3/22	Rest	Tempo Run 15 min E + 20 min @ 7-8 RPE + 15 min E	XT 60 min	60 min E + strides	Rest	5 mi LR	45 min E	
12 3/23 - 3/29	Rest	45 min E + strides	Rest	45 min E + strides	Rest	Rest	RACE DAY	

Coach's Key + RPE Guide

RW = Run/Walk (ex: RW 2:2 = Run 2 min / Walk 2 min — adjust as needed) | **E** = Easy (RPE 2–4; conversational) | **Tempo** = Steady mod-hard (RPE 7–8) |

XT = Cross-train (bike, elliptical, row, hike) | **LR** = Long run ≤ 30–35% of weekly time | **Strides** = 6 x 20 sec relaxed, fast effort w/ 40 sec recovery walk or jog |

Hill Sprints = 6 x 8 sec all out effort up the hill w/ long, 5-min recovery jog or power walk, full recovery | **Progression** = Start easy, gradually build speed, finish fast |

Alternation Run = alt between 2 faster efforts | **Cutback Week** = easier intensity & a slight decrease in volume; allow your body to heal & absorb fitness; focus on rest & nutrition this week

RPE Scale >> 1–2 Very Easy · 3–4 Easy · 5–6 Moderate · 7–8 Hard · 9 Very Hard · 10 All Out (See RPE Guide)