

FITNESS & WELLNESS

INTERMEDIATE RUNNING PLAN



RecCat

RACE CLUB

GET 5K READY IN FOUR WEEKS!

Intermediate Running Plan

*This plan is designed to build you up to running continuously for 3.1 miles.

WARM-UP FOR ALL RUNS: 5 MINUTE BRISK WALK

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5:3, 2 Miles	Rest	5:3, 2.5 Miles		Rest	8:5, 3 Miles	Rest
2	Cross Train	5:3:8:3:5..., 2.5 Miles	Rest	8:2:10:2..., 2 Miles	Rest	2 Miles Continuous Run	Rest
3	2 Miles, Continuous Run	Cross Train	8:2, 3 Miles	Cross Train	Rest	2.5 Miles Continuous Run	Rest
4	2 Miles, Continuous Run	Cross Train	2.75 Miles Continuous Run	Cross Train	Rest	3 Miles Continuous Run	Rest

Run/Walk your 5K!

COOL DOWN FOR ALL RUNS: 5 MINUTE WALK

(START BRISK, TAPER DOWN TO A MODERATE PACE AFTER A FEW MINUTES)

Legend:	
1:2, 2 miles	1 min run, 2 min recovery walk for 2 miles
2:1:3:1:2..., 3 miles	2 min run, 1 min recovery walk, 3 min run, 1 min recovery walk, 2 min run, etc. for 3 miles

*Note: If you finish your miles in the middle of a running set, try to finish that set before you start cooling down. You get a little bit of extra distance!