



INTERMEDIATE/ ADVANCE, 5 WEEK 5K TRAINING PLAN

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	Rest	10:00 jogging warm-up. 1:00 run, 2:00 jog. Repeat 7x/ until reach 21 min	CT	Easy Run 30 min. Running Drills & 4 Strides	Recovery Run. 30 min. (Zone 2/ easy)	CT	Long Run. Complete 3.0 miles
2	Rest	10:00 jogging warm-up. 1:30 run, 2:00 walk. Repeat 8x/ until reach 28 min	CT	Easy Run 35 min. Running Drills & 6 Strides	Recovery Run. 35 min. (Zone 2/ easy)	CT	Long Run. Complete 3.5 miles
3	Rest	10:00 jogging warm-up. 2:00 run, 1:30 jog. Repeat 8x/ until reach 28 min	CT	Easy Run 40 min. Running Drills & 8 Strides	Recovery Run. 40 min. (Zone 2/ easy)	CT	Long Run. Complete 4.0 miles
4	Rest	10:00 jogging warm-up. 2:00 run, 1:00 jog. Repeat 10x/ until reach 30 min	CT	Easy Run 45 min. Running Drills & 8 Strides	Recovery Run. 45 min. (Zone 2/ easy)	CT	Long Run. Complete 4.5 miles
5	Rest	10:00 jogging warm-up. 1:00 run, 2:00 jog. Repeat 6x/ until reach 18 min	CT	Easy Run 30 min. Running Drills & 4 Strides	Recovery Run. 25 min. (Zone 2/ easy)	CT	Rest

Cross Training (CT): Any type of exercise not running. For example, swimming, biking, Yoga, Dance, strength training, etc. For inspiration/ guidance, feel free to check out Y360 On-Demand class content or set-up a meeting with a trainer at the Y using this [inquiry form](#).

Running Drills: Running for drills to help work on running mechanics. Complete about 10 meters of each exercise (about 1 turf length each).

- High Knees
- Butt Kicks
- Lunges w/ Knee Drive
- A Skips

Strides: Leg speed/ turn over practice for getting better at running faster. Should take about 10-20 sec/ stride. Highly recommend doing outside and on soft surface if you can to allow for speed build and cushion for the higher impact.

MONDAY, NOVEMBER 23 = [TREADMILL 5K TURKEY TROT](#) at the MetroWest YMCA in Framingham.