

Running4Women Intermediate 5k Training Programme

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	30 mins easy	10 min Warm up 5x400 interval 10 min warm down	30 min easy	Rest	30 mins easy	50 mins easy
2	Rest	30 mins easy	30 min tempo	30 min easy	Rest	25 mins fast	50 mins easy
3	Rest	30 mins easy	10 min Warm up 6x400 interval 10 min warm down	30 min easy	Rest	40 mins easy	60 mins easy
4	Rest	30 mins easy	35 min Tempo	30 min easy	Rest	Rest	60 mins easy
5	Rest	30 mins easy	10 min Warm up 7x400 interval 10 min warm down	30 min easy	Rest	30 mins fast	25 mins Race Pace
6	Rest	30 mins easy	40 min tempo	30 min easy	Rest	50 mins easy	60 mins easy
7	Rest	30 mins easy	10 min Warm up 8x400 interval 10 min warm down	30 min easy	Rest	40 min fast	70 mins easy
8	Rest	30 mins easy	30 min tempo	30 min easy	Rest	Rest	5k Race