

## Training Program - 5K Intermediate

***Designed for the athlete that has experience with racing and speedwork, as well as a solid mileage background.***

By Andy Palmer, Ph.D.

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**The Intermediate Program is designed for the athlete that has experience with racing and speedwork, as well as a solid mileage background.**

Mileage should be done at under 75% and can be done down to 60% of max heart rate. The use of a monitor is highly recommended.

The program incorporates two days off per week, a speed workout every Tuesday (except those Tuesdays following a race), an anaerobic threshold workout every Thursday beginning in Week 2 (except those Thursdays preceding a race), and three races prior to the goal race. More detailed information on these workouts appears below.

All workouts are in miles, unless otherwise noted.

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	<b>Mon</b>	<b><u>Tues*</u></b>	<b>Wed</b>	<b><u>Thurs**</u></b>	<b>Fri</b>	<b><u>Sat***</u></b>	<b>Sun</b>
Week 1	4	WO1	off	8	4	10	off
Week 2	4	WO2	off	AT1	4	10	off
Week 3	4	WO3	off	AT2	4	12	off
Week 4	4	WO4	off	6	4	race1	off
Week 5	4	8	off	AT3	4	12	off
Week 6	4	WO5	off	AT4	4	12	off
Week 7	4	WO6	off	6	4	race2	off
Week 8	4	8	off	AT5	4	12	off
Week 9	4	WO7	off	6	4	race3	off
Week 10	4	8	off	AT6	4	12	off
Week 11	4	WO8	off	AT7	4	8	off
Week 12	4	WO9	off	4	2	race4	off

Remember, **none of the workouts described here is set in stone.** If it is easier for you to do a workout on a different day, feel free to switch around your days to suit you. Be sure that you don't try to do hard workouts back-to-back though, or you will risk injury.

**Don't worry about missing a workout** if you are nursing an injury, get sick, or just don't have time. If you miss a day or two, just pick up where you left off. If you have an extended break, you might want to back up a week or two.

You should do **6-8 x 100 meter strides** three times a week after running.

### **Races:**

Warm-up for all races the same way you would for a workout.

Run the races smart--most people go out way too hard in the early stages and slow down throughout. Even effort/pace is the way to go.

**\*Tuesday Speed Workouts:** All workouts should consist of 2 mile warm-up followed by strides and then a two mile cool down after the workout is completed.

**WO1 & 3** = 8 x 400 @ 85-90% with 400 jog recovery

**WO2** = 5 x 800 @ 85-90% with 400 jog recovery

**WO4, 6, 7, & 9** = 12 x 200 @ 85-90% with 200 jog recovery.

**WO5** = 4 x 1200 @ 85-95% with 400 jog recovery

**WO8** = 12 x 300 @ 85-95% with 100 jog recovery

### **\*\*Thursday Anaerobic Threshold Workouts:**

**AT1** = 5 x 1000 @ 80-85% with 2-3 minutes jog recovery

**AT2** = 3 x mile @ 80-85% with 2-3 minutes jog recovery

**AT3, 5 & 6** = 6 x 800 @ 80-85% with 2 minute jog recovery

**AT4** = 2 mile time trial with each 800 getting faster. This and AT7 are actually learning to race workouts. Pacing is crucial in top level performances and must be practice. It is important to go out in a controlled manner and gradually increase the pace each half mile.

**AT7** = Mile TT with each 400 getting quicker.

### **\*\*\*Saturday Races:**

**Race1** = 5K with conservative first mile at 75-80% / second mile at 80-85% / race the last mile.

**Race2** = 5 mile or 10K. This should be run with negative splits. Go out conservative / come back hard.

**Race3** = mile or two mile. The goal is to race steady.

**Race4** = This is the goal race. Put together everything you have learned and run a PR.

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