	A	B	C	D	E	F	G
1	**Intermediate 5K: 8 Week Program**						
2	**Week 1**						
3	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
4	**Rest Day**	**Aerobic Base Building**	**Recovery/Maintenance**	**Aerobic + Fartleck**	**Recovery/Maintenance**	**Aerobic Base Building**	**Long Run**
5		Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U
6	Rest	**2 miles** moderate/easy pace	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**2 mile run** 4X(1 min surge/1min recovery pace) during 2nd mile. Mile 1 is run at a moderate pace.	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**3 miles** moderate pace	**4 miles** comfortable pace
7		**(2-4) X18 sec strides**		**(2-4) X18 sec strides**		**(2-4) X18 sec strides**	
8	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching
9	**Week 2**						
10	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
11	**Rest Day**	**Aerobic Base Building**	**Recovery/Maintenance**	**Aerobic + Fartleck**	**Recovery/Maintenance**	**Aerobic Base Building**	**Long Run**
12		Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U
13	Rest	**3 miles** moderate/easy pace	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**3 mile run** 4X(1 min surge/1min recovery pace) during 2nd mile. Miles 1 &3 run at a moderate pace.	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**30 min R/W** 4 min run w/ 2 min walk (recovery) (X5) reps	**5 miles** comfortable pace
14		**(2-4) X18 sec strides**		**(2-4) X18 sec strides**		**(2-4) X18 sec strides**	
15	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching
16	**Week 3**						
17	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
18	**Rest Day**	**Aerobic Base Building**	**Recovery/Maintenance**	**Aerobic + Fartleck**	**Recovery/Maintenance**	**Aerobic Base Building**	**Long Run**
19		Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U
20	Rest	**4 miles** moderate/easy pace	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**4 mile run** 4X(1 min surge/1min recovery pace) after mile 1. Miles 1 &the remainder run at a moderate pace.	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**4 miles** moderate/easy pace	**4 mile Tempo** mile 1- comfortable pace mile 2-moderate/hard pace mile 3- comfortable pace mile 4- comfortable pace
21		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**	
22	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching
23	**Week 4**						
24	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
25	**Rest Day**	**Aerobic Base Building**	**Recovery/Maintenance**	**Aerobic + Fartleck**	**Recovery/Maintenance**	**Aerobic Base Building**	**Long Run**
26		Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U
27	Rest	**3 miles** moderate/easy pace	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**4 mile run** 4X(1:30 min surge/1min recovery pace) after mile 1. Miles 1 &the remainder run at a moderate pace.	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**3 miles** moderate/easy pace	**4 miles** moderate/easy pace
28		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**	
29	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching
30	**Week 5**						
31	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
32	**Rest Day**	**Aerobic Base Building**	**Recovery/Maintenance**	**Aerobic + Fartleck**	**Recovery/Maintenance**	**Aerobic Base Building**	**Long Run**
33		Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U
34	Rest	**4 miles** moderate/easy pace	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**4 mile run** (1:30 min surge/1min recovery pace) during miles 2 & 3. Miles 1 &the remainder run at a moderate pace.	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**4 miles** moderate/easy pace	**5 mile Tempo** mile 1- comfortable pace mile 2-moderate pace mile 3- hard pace mile 4- moderate pace mile 5- hard pace
35		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**	
36	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching
37	**Week 6**						
38	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
39	**Rest Day**	**Aerobic Base Building**	**Recovery/Maintenance**	**Aerobic + Fartleck**	**Recovery/Maintenance**	**Aerobic Base Building**	**Long Run**
40		Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U
41	Rest	**4 miles** moderate/easy pace	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**5 mile run** (2 min surge/1min recovery pace) during miles 2 & 3. Miles 1 &the remainder run at a moderate pace.	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**4 miles** moderate/easy pace	**5 miles** moderate/easy pace Every 3 min add in a 30 second surge, throughout total run.
42		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**	
43	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching
44	**Week 7**						
45	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
46	**Rest Day**	**Aerobic Base Building**	**Recovery/Maintenance**	**Aerobic + Fartleck**	**Recovery/Maintenance**	**Aerobic Base Building**	**Long Run**
47		Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U
48	Rest	**3 miles** moderate/easy pace	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**3 miles** 2 min surge/1 min recovery during mile 2. Miles 1 & 3 run at moderate pace.	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**3 miles** moderate/easy pace	**4 miles** moderate/easy pace
49		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**	
50	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching
51	**Week 8**						
52	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	
53	**Rest Day**	**Base Building**	**Recovery/Maintenance**	**Base Building**	**Rest Day**		
54		Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	Dynamic W-U	
55	Rest	**3 miles** moderate pace add 1 min surge/ 1 min recovery during mile 2. The remainder run at moderate pace.	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**3 miles** moderate/easy pace	1-2 miles comfortable pace	**RACE DAY**	
56		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**	**(3-5) X18 sec strides**		
57	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	