

THE INTERMEDIATE 5K TRAINING PLAN

If you're a runner with some experience, give this plan a try.

WEEK	M	T	W	T	F	S	S
1	3 miles plus 5 x strides	Rest	4 miles plus 5 x strides	Rest	4 miles plus 5 x strides	2 to 3 miles; 15-min core workout	Rest
2	3 miles plus 5 x strides	Rest	4 miles with 2 x 5 min at SS intensity; 15-min core workout	Rest	3 miles plus 5 x strides	5 to 6 miles; 15-min core workout	Rest
3	3 miles plus 6 x strides	Rest	4 miles with 3 x 5 min at SS intensity; 15-min core workout	Rest	3 miles plus 6 x strides	6 miles with the last 15 min at SS intensity; 15-min core workout	Rest
4	3 miles plus 6 x strides	Rest	4 miles with 2 x 10 min at SS intensity; 15-min core workout	Rest	3 miles plus 5 x strides	6 miles with the last 15 min at SS intensity; 15-min core workout	Rest
5	3 miles plus 4 x strides	Rest	3 miles; 15-min core workout	Rest	2 miles	2 miles plus 3 x strides	5-K Race

INTERMEDIATE PLAN KEY

Weekly mileage: Except where noted, all weekly mileage should be run at a perceived effort of 6 out of 10, with 10 being your maximum effort.

Strides: After completing the designated mileage for the day, find a flat, preferably grassy area to perform the strides: Run hard for 20 seconds and recover with easy jogging or walking for 45 seconds.

Core workout: Do a series of basic exercises to strengthen core muscles and improve running posture. For a sample core workout routine, go to runnersworld.com/core.

SS intensity: Intervals at Steady State Intensity should be run at a perceived effort of 7 or 8 out of 10. Do 5 minutes of easy running between SS intensity intervals.

If you find that the plan becomes easy, just add some extra mileage to the days that you are already running. Keep the rest days for rest

THE INTERMEDIATE 10K TRAINING PLAN

If you're a runner with some experience, give this plan a try.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m run + strength	3 m run	35 min tempo run	3 m run + strength	Rest	60 min cross	4 m run
2	3 m run + strength	3.5 m run	8 x 400 5-K pace	4 m run + strength	Rest	60 min cross	5 m run
3	3 m run + strength	4 m run	40 min tempo run	3 m run + strength	Rest	60 min cross	6 m run
4	3 m run + strength	4.5 m run	9 x 400 5-K pace	4 m run + strength	2 m run	Rest	5-K Race
5	3 m run + strength	5 m run	45 min tempo run	3 m run + strength	Rest	60 min cross	6 m run
6	3 m run + strength	5.5 m run	10 x 400 5-K pace	4 m run + strength	Rest	60 min cross	7 m run
7	3 m run + strength	6 m run	50 min tempo run	4 m run + strength	Rest	60 min cross	8 m run
8	3 m run + strength	3 m run	5 x 400 5-K pace	1-3 m run	Rest	Rest	10-K Race

This Intermediate program counts down from Week 1 to Week 8 (race week) for a 10K race. Following are explanations of the terms used in the training chart below.

Runs: The runs of 3-6 miles on Mondays, Tuesdays and Thursdays are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner, you're running too fast. For those who use heart monitors to measure their level of exertion, you would be running between 65 to 75 percent of maximum. In other words, run easy. If you want to run with others, be cautious that they don't push you to run faster than planned.

Rest: Rest is an important part of your training. Friday is always a day of rest in the Intermediate program. Be realistic about your fatigue level and don't feel guilty if you decide to take an additional day off. (Best bet is Monday.) Specifically consider scheduling at least one extra rest day during the stepback weeks. (See below.)

Tempo Runs: A tempo run is a continuous run with a buildup in the middle to near race pace. (Notice I said "near" race pace. You don't want to go faster than your 10-K race pace.) In this program, tempo runs are scheduled for every other Wednesday, alternating with interval training on the track. A tempo run of 30 to 40 minutes would begin with 10-15 minutes easy running, build to 10-20 minutes near the middle, then 5-10 minutes easy toward the end. The pace buildup should be gradual, not sudden,

with peak speed coming about two-thirds into the workout and only for a few minutes. You can do tempo runs almost anywhere: on the road, on trails or even on a track.

Speedwork: If you want to race at a fast pace, you need to train at a fast pace. Interval training where you alternate fast running with jogging or walking is a very effective form of speedwork. The training schedule includes interval training featuring 400-meter reps (repeats) every other week, alternating with the tempo runs discussed above. Run the 400s at about the pace you would run in a 5-K race. Walk or jog between each repeat. Although the best venue for speedwork of this sort is on a 400-meter track, these workouts can be done on the road or on trails, either by using measured courses or by running hard approximately the length of time you would run a 400 on the track. For instance, if you normally run 400 reps in 90 seconds, do fast reps for that length of time and don't worry about distance.

Warm-up: Warming up is important, not only before the race itself, but before your speed workouts above and pace workouts below. Most Novice runners do not warm up, except in the race itself. This is okay, because they're more interested in finishing rather than finishing fast. As an Intermediate runner, you have a slightly different goal, otherwise you wouldn't be using this program, so warm up before you run fast. My usual warm-up is to jog a mile or two, sit down and stretch for 5-10 minutes, then run some easy strides (100 meters at near race pace). And I usually cool down afterwards by doing half of the warm-up.

Stretch & Strengthen: Also important as part of the warm-up is stretching. Don't overlook it-- particularly on days when you plan to run fast. Strength training is important too: push-ups, pull-ups, use of free weights or working out with various machines at a Fitness Club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. Mondays and Thursdays would be good days to combine stretching and strengthening with your easy run, however, you can schedule Stretch & Strengthen on any day that is convenient for your business and personal schedule.

Cross-Training: On the schedule, this is identified simply as "cross." What form of cross-training works best for runners preparing for a 10-K race? It could be swimming, or cycling, walking, other forms of aerobic training or some combination that could include strength training. And feel free to throw in some jogging as well if you're feeling good. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

Long Runs: As an experienced runner, you probably already do a long run on the weekends anyway. This schedule suggests a slight increase in distance as you get closer to race date: from 4 to 8 miles. Don't get hung up on running these workouts too fast. Run at a comfortable, conversational pace.

This 10-K training schedule is only a guide. Feel free to make minor modifications to suit your work and family schedule. If you find that the plan becomes easy, just add some extra mileage to the days that you are already running. Keep the rest days for rest.