

RUNNERS WORLD

# Six-week Intermediate 5K Schedule

A basic 5K schedule for anyone who can run for 30 minutes, four times a week

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Posted: 6 May 2000

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## WEEK ONE

**Mon** Rest

**Tue** 20-25 mins easy

**Wed** Rest

**Thu** 10 mins easy, then 4 x 1 min brisk with 2-min jog recoveries, then 10 mins easy

**Fri** Rest

**Sat** 20 mins easy

**Sun** 30 mins easy

## WEEK TWO

**Mon** Rest

**Tue** 20-25 mins easy

**Wed** Rest

**Thu** 10 mins easy, then 4-5 x 90 secs brisk with 2.5-min jog recoveries, then 10 mins easy

**Fri** Rest

**Sat** 20 mins easy

**Sun** 35 mins easy

## WEEK THREE

**Mon** Rest

**Tue** 25-30 mins easy

**Wed** Rest

**Thu** 10 mins easy, then 20 mins fartlek (free-form fast and slow running)

**Fri** Rest

**Sat** 25 mins easy

**Sun** 40 mins easy

## WEEK FOUR

**Mon** Rest

**Tue** 10 mins easy, then stretch, then 1 measured mile, timed, fast, then 10 mins easy

**Wed** Rest

**Thu** 10 mins easy, then 20 mins fartlek, then 10 mins easy

**Fri** Rest

**Sat** 20 mins easy

**Sun** 45 mins easy

## WEEK FIVE

**Mon** Rest

**Tue** 25-30 mins easy

**Wed** Rest

**Thu** 10 mins easy, then 3 x 3 mins brisk with 3-min jog recoveries, then 10 mins easy

**Fri** Rest  
**Sat** 25 mins easy  
**Sun** 35 mins easy

## **WEEK SIX**

**Mon** Rest  
**Tue** 25 mins easy, incorporating 6 x 20-40 seconds faster-paced running  
**Wed** Rest  
**Thu** 20-25 mins easy  
**Fri** Rest  
**Sat** 15 mins easy or rest  
**Sun** 5K Race!