

Six- Week **Intermediate** 5 K Schedule

| | January 11-17 | January 18-24 | January 25-31 | Feb 1-7 | Feb 8-15 | Feb 16-20 |
|------------------|---|---|---|--|--|----------------------|
| Monday | Rest | Rest | Rest | Rest | Rest | Rest |
| Tuesday | 10 mins easy, then 4 x 1 min brisk with 2-min jog recoveries, then 10 mins easy | 10 mins easy, then 4-5 x 90 secs brisk with 2.5-min jog recoveries, then 10 mins easy | 10 min esy, then 20 mins farlek (free-form fast and slow running) | 10 mins easy, then 20 mins fartlek, then 10 mins easy | 10 mins easy, then 3 x 3 mins brisk with 3 min jog recoveries, then 10 mins easy | 20-25 mins easy |
| Wednesday | Rest | Rest | Rest | Rest | Rest | Rest |
| Thursday | 20 mins easy | 20 mins easy | 25 mins easy | 20 mins easy | 25 mins easy | Race |
| Friday | Rest | Rest | Rest | Rest | Rest | Rest |
| Saturday | 20-25 min easy | 20-25 min easy | 25-30 min easy | 10 mins easy, then stretch, then 1 measured mile, times, fast, then 10 mins easy | 25 min easy, incoporating 6x20-40 seconds fast-paced running | FEARLESS 5K |
| Sunday | 30 mins easy | 35 mins easy | 40 mins easy | 45 mins easy | 35 mins easy | enjoy accomplishment |