



Apple Harvest Road Race

Intermediate 5K Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk for 25 minutes (pace doesn't matter)	Run 6 minutes Walk 3 minutes 3 times = 27 min.	Run 8 minutes Walk 2 minutes 4 times = 40 min.	Optional Walk OR REST DAY	Run 7 minutes Walk 3 minutes 3 times = 30 min.	REST DAY	Run 8 minutes Walk 1 minute 3 times = 27 min.
Week 2	Walk for 30 minutes (pace doesn't matter)	Run 10 minutes Walk 1 minute 3 times = 33 min.	Run 12 minutes Walk 1 minute 3 times = 39 min.	Optional Walk OR REST DAY	Run 10 minutes Walk 1 minute 3 times = 33 min.	REST DAY	Run 12 minutes Walk 1 minute 3 times = 39 min.
Week 3	Walk for 30 minutes (pace doesn't matter)	Run 14 minutes Walk 1 minute 5 times = 30 min.	Run 4 minutes Walk 1 minutes 2 times = 30 min.	Optional Walk OR REST DAY	Run 15 minutes Walk 1 minute 2 times = 32 min.	REST DAY	Run 15 minutes Walk 1 minute 2 times = 32 min.
Week 4	Walk for 30 minutes (pace doesn't matter)	Run for 30 minutes or 2 miles whichever comes first	Run for 35 minutes or 2.5 miles Whichever comes first	Optional Walk OR REST DAY	Run for 35 minutes or 2.5 miles Whichever comes first	REST DAY	Run for 35 minutes or 2.5 miles Whichever comes first
Week 5	Walk for 30 minutes (pace doesn't matter)	Run for 30 minutes or 2.5 miles Whichever comes first	Run for 35 minutes or 3 miles Whichever comes first	Optional Walk OR REST DAY	Run for 35 minutes or 2.5 miles Whichever comes first	REST DAY	Run for 40 minutes or 3 miles Whichever comes first
Week 6	Walk for 30 minutes (pace doesn't matter)	Run 2 miles	Run 2.5 miles	Optional Walk OR REST DAY	Run 2.5 miles	REST DAY	Run 3 miles
Week 7	Walk for 30 minutes (pace doesn't matter)	Run 3 miles	Run 3 miles	REST DAY	Run 3.5 miles	REST DAY	Run 3.5 miles
Week 8	Walk for 25 minutes (pace doesn't matter)	Run 2 miles	Run 2 miles	REST DAY	Run 2 miles	REST DAY	RACE DAY!!

WE HELP DEDICATED RUNNERS GET STRONGER, RUN FASTER, AND ENJOY
LIFELONG INJURY FREE RUNNING WITH THE PERFECT ONLINE RUNNING COACH.

Created by coach Cat Aniballi

[Learn More:](#)

www.learn.sparkhealthyrunner.com