

Intermediate Plus 5km (7 week) schedule



This schedule is generally aimed at individuals already running regularly 3-4 times per week. Minimum of 3 times per week & for approx 40-45mins each time & experience of structured intervals/faster tempo running at least once per week & previous experience 5km/parkrun. If you don't you should look at the beginners or intermediate schedule. Whilst not exclusively so you'd potentially also be capable already of running 25mins to 20mins for 5km. The Aim is to run 4 times per week and develop the structure of your training a little more via specific training sessions (compared with our Intermediate schedule).

Wks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	40-45' easy aerobic*	Rest or core/strength & conditioning	35-40' progressiverun : run as 10' very easy, 15' easy aerobic, 10' moderate effort, 5' easy	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 8 x 3' efforts with 90'' rest. Starting just outside 5km pace and progressing.	Long run 45'-50'
6	40-45' easy aerobic*	Rest or core/strength & conditioning	Moderate run 20' following a 10' jog & dynamic w/up or tomorrow 5km instead.	Guernsey Athletic Saumarez Park 5km or rest day if ran yesterday.	complete rest day	35' easy run if ran 5k Thur or LMR GRP or 8 x 2' efforts slightly faster than 5km pace with 2min easy jog.	Long run 45'-50'
5	30-35' very easy run	Rest or core/strength & conditioning	40' progressive run : run as 10' very easy, 10' easy aerobic, 15' moderate effort, 5' easy	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 5 x 5' efforts off 90'' rest. Efforts @ close to 5km pace)	Long run 60'
4	35' easy aerobic	Rest or core/strength & conditioning	Light Fartlek e.g. 12 x 1' moderate to brisk with 1' jog btwn efforts.	Rest or core/strength & conditioning	complete rest day	Parkrun, LMR GROUP or 8' effort @ 5km pace (3' rest) 4 x 30'' faster off 30'' rest. Repeat this twice.	easy 40-45'
3	30-35' very easy run	Rest or core/strength & conditioning	Moderate run 25' close to 10km pace or a little slower than 5km pace. This follows 10' jog & dynamic w/up	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 2 x 12' efforts a little slower than 5km pace with approx 5' Rest.	Long run 60'
2	40' easy aerobic	Rest or core/strength & conditioning	light fartlek: 8-10 x 2' efforts @ slightly faster than 5km pace or off 75'' jog recovery	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 25' moderate tempo run @ a little slower than 5km pace	easy 40-45'
1	20-25' very easy run	Rest or core/strength & conditioning	8 to 10 x 1' Intervals (just a little inside your 5km pace) with 1' rest	complete day off	very easy 15 to 20' jog & dynamic warm up exercises	Runway Run 5km	Rest day

*Note this schedule (Intermediate plus) might appear end of week heavy Sat, Sun, Monday this is to allow people to link in with the Monday evening group but works on the basis of utilising weekends for training... if you don't plan to use the Monday run however you could move this run to another day to allow extra recovery after your Saturday & Sunday training.

LMR (Beginners to Intermediate) reference guide to training	approx % max hr	Details/how it should generally feel
Very easy running	65% or below	Easy effort which can aid recovery from harder trainer in experienced runners but for less experienced runners will aid building time on feet and hence help develop and maintain your endurance. Easy to hold conversation at this pace for more experienced runners.
Easy aerobic running	65 to 75%	Will help build aerobic endurance base - an intensity sometimes referred to as a pace you can still maintain conversation. Beginners will find this more challenging whilst developing the muscular endurance associated with running longer but conservation should be still possible.
Moderate running	76 to 82%	Moderate effort - slightly faster/more challenging than the easy aerobic zone. Whilst a little more challenging it should not feel 'hard' to do for the more experienced runners but equally will not feel easy either. For Experienced runners this will be associated with a pace similar to that of marathon pace. For less experience runners you should still be able to talk but may just find it more challenging to do so compared with the easy aerobic zone.
Tempo running	83% to 87%	Will feel somewhat hard in terms of effort, and conversation whilst possible will be more difficult. For experienced runners this will be closely related to around half marathon race pace for intermediate level runners your intervals sessions will be close to this sort of effort.
Aerobic power / threshold running	88 to 92%	Training at this intensity will be fairly challenging and conversation difficult. For most runners this be around 10km (for those who know this) or indeed a little faster, perhaps getting close to 5km pace for some less experience runners and involve repeats/efforts of a few minutes to around 15mins or more.
Aerobic capacity	93 to 100%	Usually intervals based sessions at or faster than 5km pace. Very challenging high intensity efforts usually medium to short duration efforts of around 5mins or less off a short to medium length recovery. A thorough warm up before running in this zone is important and only more experienced runners are best tackling session of this intensity..
Anaerobic / speed endurance	Not relevant	This is zone is associated with paces somewhat faster than 5km pace. Sometimes referred to as speed endurance as the pace is faster than race pace you are targeting and requires some 'enduring' as it will involved repeated efforts off a short to moderate recovery time. Note while this colour zone is not highlighted in the training schedule the intermediate plus schedule includes work in this zone in some of the highlighted red sessions.

*These zones provide a rough guide to training intensity and effort associated with our schedules, they should be used purely as guide.

*Like all our schedules make sure to perform a dynamic warm up before each training session but particular before Saturday & Wednesday listed high intensity training sessions as well as some easy jogging for 5-10mins before this. If you opt to join our group sessions we will take your through a range of drills and exercises over the weeks to keep this not only varied but work towards improving movement and technique.

