

Intermediate 5km (7 week) schedule



This schedule is aimed at individuals currently running 2-3 times per week ideally with either some experienced of intervals or faster running or least regular runs the like Parkrun. Alternatively if you currently run regularly (min 2 times per week) and on top of this participate team sports this schedule should also work for you. Note the schedule aim is to run 3 times per week and to gradually develop more structured training with the introduction of more specific training on Saturdays & some intermitently Wednesdays. Whilst not exclusively so this schedule would suit someone who is capable of running 30min to 25min for 5km & meets previous starting point detailed above.

Wks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	25' very easy run	Rest or core/strength & conditioning	30' easy aerobic run	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 8 x 2'30" efforts off 2' recovery. Efforts @ or just inside your current 5km pace	Rest day or easy cross train (e.g. walk/cycle/swim)
6	30' easy aerobic run	Rest or core/strength & conditioning	35' easy aerobic run or rest if doing the event tomorrow	Guernsey Athletic Saumarez Park 5km or rest day if ran yesterday.	complete rest day	35' easy aerobic run if ran Thursdays 5km or LMR GROUP or 7 x 2' moderate efforts off 2' rest.	Rest day or easy cross train (e.g. walk/cycle/swim)
5	30 to 35' very easy run	Rest or core/strength & conditioning	30' progressive run : run as 10' very easy, 10' easy aerobic, 10' moderate	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 5 x 4' efforts with a 2' rest.	Rest day or easy cross train (e.g. walk/cycle/swim)
4	35' easy aerobic run	Rest or core/strength & conditioning	Moderate to brisk: 10 x 1' efforts off 1' walk/easy jog recovery	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 8' effort @ 5km pace (3' rest) 4x 30" faster, 1' recovery (3' rest) 6' @ 5km pace or quicker	Rest day or easy cross train (e.g. walk/cycle/swim)
3	30 to 35' very easy run	Rest or core/strength & conditioning	35' easy aerobic run	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 12' effort (5min rest) 8' effort. Efforts at close to/just outside 5km pace.	Rest day or easy cross train (e.g. walk/cycle/swim)
2	40' easy aerobic run	Rest or core/strength & conditioning	Moderate to brisk efforts: 6-8 x 2' efforts @ around 5km pace with 75" walk/easy jog recovery	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 30' progressive run : run as 5' very easy, 10' easy aerobic, 15' moderate-brisk tempo effort	Rest day or easy cross train (e.g. walk/cycle/swim)
1	20 to 25' very easy run	Rest or core/strength & conditioning	8 x 1' Intervals (slight faster than 5km pace) but still keep somewhat comfortable. 1' rest.	complete day off	complete rest day	Runway Run 5km	Rest day

*Make sure to perform a dynamic warm up before each training session, before Saturday & Wednesday training make sure to also include some easy jogging for 5-10mins too. If you opt to join our group sessions we will take you through a range of drills and exercises over the weeks to keep this not only varied but work towards improving movement and technique.

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 training 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 conversation 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 experienced 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 will be around 10km (for those who know this) or indeed a little faster, perhaps getting close to 5km pace for some less experienced 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 sessions of this intensity.

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