Intermediate 5K-Run

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	MON	TUES	WED	THURS	FRI	SAT	SUN	
Week 1	3 miles easy	Off	3 mile easy run 4xstrides	5x400m 1-2 min rest	3 miles easy	5 miles run	Off	15 miles Total
Week 2	3 miles Tempo	Off	3 miles easy 4xstrides	3 miles easy	Rest	5 miles run	Off	14 miles Total
Week 3	3 miles easy	Off	3 miles easy 5xstrides	6x 400m 1-2 min rest	Rest	6 miles run	Off	13.5 miles Total
Week 4	35 mins Tempo	Off	3 miles easy 5xstrides	3 miles easy	Rest	6 miles run	Off	–– Total
Week 5	3 miles easy	Off	4 miles easy 6xstrides	7x400m 1-2 min rest	Rest	6 miles run	Off	14.75 miles Total
Week 6	40 min Tempo	Off	5 miles easy 6xstrides	3 miles easy	Rest	7 miles run	Off	–– Total
Week 7	3 miles easy	Off	5 miles easy 7-8xstrides	8x400m 1-2 min rest	Rest	7 miles run	Off	17 miles Total
Week 8	30 min Tempo	Off	3 miles easy 7-8xstrides	2 miles easy	Rest	Rest	**5K RACE**	Total