



5K TRAINING PLAN FOR INTERMEDIATE RUNNERS

If you have a few races under your belt, this guide is for you. Whether you're training for the upcoming Safelite[®] Challenge or something local, follow this seven-week training plan to prepare for the big day. Make sure to maintain a consistent schedule, stay hydrated and push yourself to get a feel for your limits.

WEEK 1

RUN 1 MILE	REST	CROSS-TRAIN 30-45 MINUTES	WALK 30 MINUTES	REST	WALK 30 MINUTES	RUN 1 MILE
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WEEK 2

REST	RUN 1 MILE	CROSS-TRAIN 30-45 MINUTES	RUN 30 MINUTES	INTERVAL TRAINING WALK 5 MINUTES RUN 2 MINUTES WALK 1 MINUTE REPEAT X 7 WALK 5 MINUTES	REST	RUN 1½ MILES RUN 1½ MINUTES WALK 45 SECONDS REPEAT FOR DURATION OF RUN
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WEEK 3

REST	CROSS-TRAIN 30-45 MINUTES	INTERVAL TRAINING RUN 3 MINUTES WALK 3 MINUTES REPEAT X 6	RUN 30 MINUTES	INTERVAL TRAINING WALK 5 MINUTES RUN 5 MINUTES WALK 1 MINUTE REPEAT X 5 WALK 5 MINUTES	REST	RUN 2 MILES RUN 2 MINUTES WALK 45 SECONDS REPEAT FOR DURATION OF RUN
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WEEK 4

REST	JOG, RUN OR WALK 30 MINUTES	INTERVAL TRAINING RUN 3 MINUTES WALK 3 MINUTES REPEAT X 6	RUN 30 MINUTES	INTERVAL TRAINING WALK 5 MINUTES RUN 4 MINUTES WALK 1 MINUTE REPEAT X 5 WALK 5 MINUTES	REST	RUN 2½ MILES RUN 2½ MINUTES WALK 30 SECONDS REPEAT FOR DURATION OF RUN
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WEEK 5

REST	CROSS-TRAIN 30-45 MINUTES	INTERVAL TRAINING RUN 3 MINUTES WALK 3 MINUTES REPEAT X 6	RUN 30 MINUTES	INTERVAL TRAINING WALK 5 MINUTES RUN 4 MINUTES WALK 1 MINUTE REPEAT X 5 WALK 5 MINUTES	REST	RUN 2½ MILES RUN 2½ MINUTES WALK 30 SECONDS REPEAT FOR DURATION OF RUN
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WEEK 6

REST	RUN 30 MINUTES	INTERVAL TRAINING RUN 3 MINUTES WALK 3 MINUTES REPEAT X 6	RUN 30 MINUTES	INTERVAL TRAINING WALK 5 MINUTES RUN 5 MINUTES WALK 1 MINUTE REPEAT X 5 WALK 5 MINUTES	REST	RUN 3 MILES RUN 3 MINUTES WALK 30 SECONDS REPEAT FOR DURATION OF RUN
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WEEK 7

REST	RUN 30 MINUTES	INTERVAL TRAINING RUN 3 MINUTES WALK 3 MINUTES REPEAT X 4	REST	WALK A BRISK 1½ MILES	REST	RACE DAY
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