



# 2023

## 12-Week Intermediate 5K Training Plan

This training plan is designed for those who have run the 5K distance once or twice, run an average 15-20 miles per week, and are hoping to achieve a personal best! If you're using this plan, you should start your training on Monday, February 13.

Some terms you should know before you begin training:

### ✦ Easy

Easy runs should be the bulk of your training miles. These runs should be a full 2-3 minutes slower than your expected race pace. Most people run too fast during the week and don't allow their bodies to absorb the mileage and get stronger. Be sure to take it easy!

### ✦ Intervals

Interval workouts should be run at a fairly hard pace (5K race pace or a couple seconds under) to teach your body to run fast. The interval repeats should be between 90 seconds and 5 minutes long and allow for adequate recovery before the next interval is run. Feel free to be creative with these! An example workout: the schedule calls for 6 miles with 3 miles of intervals, so you run 1 mile as an easy warmup followed by 6x 800M intervals at 5K race pace with a 400m easy jog between each interval. Follow it up with a .75-mile easy cool down.

### ✦ Cardio Cross Training

This can be biking, swimming, the elliptical, or anything that gives your body a chance to recover from running but keeps your heart rate elevated for a decent period of time.

### ✦ PG - Progressive Run

Progressive runs start at a really easy pace and then progress a little faster every mile so that the last mile of the run is about 30-45 seconds per mile faster than your expected half marathon pace. These runs prepare you to finish races strong.

### ✦ Lactate Threshold Runs

These runs are important for distance runners, because they train the body to clear lactate. The buildup of hydrogen ions in your muscles and blood, which is associated with accumulation of lactate, is what predominately causes a distance runner to slow down. The purpose of this training is to increase your lactate threshold, which is the ability to produce energy at a fast rate aerobically without accumulating high levels of lactate in your muscles and blood. LT pace is roughly the pace that you could sustain for an hour of racing (or about 20 seconds/mile slower than your 5K race pace). It is important that these runs are paced just right, as running too fast or too slow will not give you the desired stimulus to increase your lactate threshold.

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| Week                                           | Monday                 | Tuesday                                                                    | Wednesday                                  | Thursday               | Friday                 | Saturday                          | Sunday      |
|------------------------------------------------|------------------------|----------------------------------------------------------------------------|--------------------------------------------|------------------------|------------------------|-----------------------------------|-------------|
| <b>1</b><br>Feb. 13-19<br>22 Total Miles       | <b>3 miles</b><br>Easy | <b>5 miles</b><br>Easy                                                     | <b>30 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy | <b>6 miles</b><br>Easy            | <b>Rest</b> |
| <b>2</b><br>Feb. 20-26<br>24 Total Miles       | <b>5 miles</b><br>Easy | <b>5 miles</b><br>Easy                                                     | <b>30 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy | <b>6 miles</b><br>Easy            | <b>Rest</b> |
| <b>3</b><br>Feb. 27 - Mar. 5<br>25 Total Miles | <b>5 miles</b><br>Easy | <b>5 miles</b><br>with 3 miles<br>at LT                                    | <b>30 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy | <b>7 miles</b><br>Easy            | <b>Rest</b> |
| <b>4</b><br>Mar. 6-12<br>24 Total Miles        | <b>5 miles</b><br>Easy | <b>Two Month<br/>Countdown!</b><br><b>6 miles</b><br>with 4 miles<br>at LT | <b>40 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy | <b>5 miles</b><br>Progressive Run | <b>Rest</b> |
| <b>5</b><br>Mar. 13-19<br>27 Total Miles       | <b>5 miles</b><br>Easy | <b>6 miles</b><br>with 3 miles<br>of intervals                             | <b>40 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy | <b>8 miles</b><br>Easy            | <b>Rest</b> |
| <b>6</b><br>Mar. 20-26<br>25 Total Miles       | <b>5 miles</b><br>Easy | <b>6 miles</b><br>with 4 miles<br>at LT                                    | <b>40 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy | <b>6 miles</b><br>Progressive Run | <b>Rest</b> |



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| Week                                           | Monday                 | Tuesday                                        | Wednesday                                  | Thursday               | Friday                                     | Saturday                                         | Sunday                                                                                                               |
|------------------------------------------------|------------------------|------------------------------------------------|--------------------------------------------|------------------------|--------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>7</b><br>Mar. 27 - Apr. 2<br>28 Total Miles | <b>5 miles</b><br>Easy | <b>6 miles</b><br>with 4 miles<br>at LT        | <b>40 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy                     | <b>9 miles</b><br>Easy                           | <b>Rest</b>                                                                                                          |
| <b>8</b><br>Apr. 3-9<br>20 Total Miles         | <b>Rest</b>            | <b>6 miles</b><br>with 3 miles<br>of intervals | <b>40 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | One month to go!<br><b>3 miles</b><br>Easy | <b>6 miles</b><br>Progressive Run                | <b>Rest</b>                                                                                                          |
| <b>9</b><br>Apr. 10-16<br>27 Total Miles       | <b>5 miles</b><br>Easy | <b>6 miles</b><br>with 4 miles<br>at LT        | <b>40 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy                     | Course Preview<br>Run!<br><b>8 miles</b><br>Easy | <b>Rest</b>                                                                                                          |
| <b>10</b><br>Apr. 17-23<br>26 Total Miles      | <b>5 miles</b><br>Easy | <b>6 miles</b><br>with 3 miles<br>of intervals | <b>40 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy                     | <b>7 miles</b><br>Easy                           | <b>Rest</b>                                                                                                          |
| <b>11</b><br>Apr. 24-30<br>19 Total Miles      | <b>Rest</b>            | <b>6 miles</b><br>with 3 miles<br>of intervals | <b>30 min.</b><br>Cardio Cross<br>Training | <b>5 miles</b><br>Easy | <b>3 miles</b><br>Easy                     | <b>5 miles</b><br>Easy                           | <b>Rest</b>                                                                                                          |
| <b>12</b><br>May 1-7<br>12+ Total Miles        | <b>3 miles</b><br>Easy | <b>3 miles</b><br>Easy                         | <b>Rest</b>                                | <b>3 miles</b><br>Easy | <b>Rest</b>                                | <br><b>RACE DAY!</b>                             | Or complete the<br>STEEL Challenge<br>by MOVING in the<br>Half Marathon<br>Walking Division<br>or Marathon<br>Relay! |