



2025

# START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY



## 8-WEEK INTERMEDIATE 5K TRAINING PLAN

This 8-week intermediate 5K training plan is designed for someone with some running experience looking to improve their performance. If you're using this plan, you should begin your training on March 10.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Mar 10-16	3.25 mi Run	Rest	3.25 mi Run	Rest	2.75 mi Run	Rest	3.75 mi Run
<b>2</b> Mar 17-23	Rest	4 mi Run	Rest	2.5 mi Run	2.5 mi Run	Rest	4.5 mi Run
<b>3</b> Mar 24-30	Rest	2.75 mi Run	Rest	4.5 mi Run	4.5 mi Run	Rest	5 mi Run
<b>4</b> Mar 31- Apr 6	Rest	2.5 mi Run	Rest	2.5 mi Run	2.5 mi Run	Rest	3 mi Run




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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5</b> Apr 7-13	Rest	4 mi Run	Rest	4.5 mi Run	3.75 mi Run	Rest	5.5 mi Run
<b>6</b> Apr 14-20	Rest	4.5 mi Run	Rest	4 mi Run	4.5 mi Run	Rest	6 mi Run
<b>7</b> Apr 21-27	Rest	4 mi Run	3.25 mi Run	Rest	3.25 mi Run	Rest	4.5 mi Run
<b>8</b> Apr 28-May 3	Rest	Rest	3.25 mi Run	Rest	3 mi Run		

POWERED BY **runna**



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**Long Run:** Focused on building endurance to prepare for the goal race distance. These runs are critical for increasing stamina and developing the ability to sustain effort over long distances.

**Rest Day:** Dedicated to recovery from active training days. Rest days may include optional cross-training activities, such as strength training, cycling, swimming, or yoga, performed a few times a week to support overall fitness and injury prevention.

**Easy Run:** Performed at a comfortable pace, allowing you to maintain a conversation with a training partner. Most of your weekly mileage should fall within this category to promote consistent, sustainable progress.

**Speed Day:** Best suited for Wednesdays or Thursdays, these runs offer an opportunity to include faster running, such as tempo, steady-state, or intervals, based on your preference and goals. They are optional and can be tailored to your needs.