



# RUNNING TO POWER HEART RESEARCH

## 5k running training plan for intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	25 mins steady effort run + stretch	30 mins Cross-Training + stretch	10 mins warm up, 4 x 4 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	45 mins easy/steady effort run + stretch	Rest
2	Rest	25 mins steady effort run + stretch	30 mins Cross-Training + stretch	10 mins warm up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	45 mins easy/steady effort run + stretch	Rest
3	Rest	30 mins steady effort run + stretch	45 mins Cross-Training + stretch	10 mins warm up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	60 mins easy/steady effort run + stretch	Rest
4	Pilates/Yoga	30 mins steady effort run + stretch	30 mins Cross-Training + stretch	30 min Steady effort run + stretch	Rest	60 mins easy effort run + stretch	Rest
5	Pilates/Yoga	30 min steady effort run + stretch	45 mins Cross-Training + stretch	10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	60 mins easy/steady effort run + stretch	Rest

**FIGHT FOR EVERY HEARTBEAT**

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Rest or Pilates/Yoga	40 mins steady effort run + stretch	45 mins Cross-Training + stretch	45 mins run: 10 mins easy + 15 mins at Threshold effort + 10 mins easy effort + stretch	Rest	60 mins steady effort run + stretch	Rest
7	Rest or Pilates/Yoga	45 mins run: 10 mins easy + 15 mins at Threshold effort + 10 mins easy effort + stretch	45 mins Cross-Training + stretch	10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	45 mins steady effort run + stretch	Rest
8	Rest	10 mins warm up, 4 x 4 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	25 min easy effort run + stretch	Rest	15 min easy run + stretch	<b>5km Race</b>

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