Running training plan:
5K–Intermediate

Easy
Moderate
Hard

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

Beat heartbreak forever

Running training plan: 5K–Intermediate

Easy — Moderate — Hard

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Pilates/Yoga	30 mins steady effort run	45 mins Cross-Training	10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down	Rest	60 mins easy/steady effort run	Rest
6	Rest or Pilates/Yoga	40 mins steady effort run	45 mins Cross-Training	45 mins run: 10 mins easy + 15 mins at Threshold effort + 10 mins easy effort	Rest	60 mins steady effort run	Rest
7	Rest or Pilates/Yoga	45 mins run: 10 mins easy + 15 mins at Threshold effort + 10 mins easy effort	45 mins Cross-Training	10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down	Rest	45 mins steady effort run	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	Rest	30 mins steady effort	Rest	15 mins easy run	5K Event!

Beat heartbreak forever

© British Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426)