



## **Intermediate Training Plan**

The Intermediate program is designed for those with some running experience, it starts off slow and gradually builds up to training 4 days a week with some cross-training added.

Cross-training is designed to complement your running and aid recovery, it counts for any exercise you do apart from running e.g.: yoga, Pilates, strength training, cycling, roller blading,

Workouts in this program will have you running more than 5k after some weeks. There is also an introduction of speed training towards the latter end of the program. This is designed to help you to run more efficiently and faster.

Warm up and cool down: Each session should start with a warm up and cool down of 5 mins this can either be a brisk walk or a jog.

In the first few weeks there is the option to walk/run, this is entirely up to you and how you are feeling on that day.

For the Long/Run walk these should be at an easy pace and should last between 30 and 45 mins

Sample speed workouts,

No.1

- Warm up 10 mins
- Run fast for 90 sec
- Walk for 2mins, Repeat 4 times
- Cool down 5 mins

No.2

- Warm up 10 mins
- Run fast for 30 sec
- Walk for 60 sec, Repeat 10 times
- 5 min cool down

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Run/walk		Run		Run	Long Run/walk
2	Run/walk		Run		Run	Long Run/walk
3	Run/walk		Run		Run	Long Run/walk
4	Run		Run		Run	Long Run/walk
5	Run		Run		Run	Long Run/walk
6	Run	Cross-Train	Run		Run	Long Run/walk
7	Run	Cross-Train	Speed		Run	Long Run
8	Run	Cross-Train	Speed		Run	Long Run
9	Run	Cross-Train	Speed		Run	Long Run
10	Run	Cross-Train	Speed		Run	Long Run

#### Weekly running times

Week	Run 1	Run 2	Run 3	Long run/ Walk
1	15 min	15 min	15 min	20-25
2	15 min	20 mins	15 min	20-25
3	18min	20 mins	18 mins	20-30
4	20 mins	25 mins	20 mins	20-30
5	25 mins	25 mins	25 mins	25-35
6	20 mins	30 mins	20 mins	25-35
7	25 mins	30 mins	25 mins	30-40
8	30 mins	30 mins	30 mins	25-30
9	20 mins	Speed	20min	25-30
10	25 mins	Speed	25 mins	30-35
11	30 mins	Speed	30 mins	30-40
12	35 mins	Speed	35 mins	35-45

By the end of the Intermediate training program your 5k time should be around 25-30 mins, once close to this or if you feel comfortable you can begin the Advanced program.

This will focus on distance and pace rather than just time spent running,

**For any questions or to schedule a free injury screen please email me:  
rob@elliottphysicaltherapy.com**