

**5K Training Program - Intermediate**

<b>Date</b>	<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
8/31/2009	1	XT ~60 mins	Run Club 5K Run	EZ XT 30-45mins	Long Run EZ 4	XT or R	Track/Trail Short Speed 3x800	R
9/7/2009	2	XT ~60 mins	Run Club 5K Run	EZ XT 30-45mins	Long Run EZ 5	XT or R	Track/Trail Long Speed T-10-15mins	R
9/14/2009	3	XT ~60 mins	Run Club 5K Run	XT ~60 mins	Long Run EZ 6	XT or R	Track/Trail Short Speed 8x400	R
9/21/2009	4	XT ~60 mins	Run Club 5K Run	XT ~60 mins	Long Run EZ 5	XT or R	Track/Trail Long Speed T-15-20mins	R
9/28/2009	5	XT ~60 mins	Run Club 5K Run	XT ~60 mins	Long Run EZ 4	XT or R	Track/Trail Long Speed T-10-15mins	R
10/5/2009	6	XT ~60 mins	Run Club 5K Run	EZ XT 30-45mins	Short Run EZ 2	XT or R	R	Race Day

Legend: EZ XT = Easy Cross Training, R = Rest Day, XT = Cross Training, T = Tempo, F = Fartlek  
ST - Stretch and Strength Training