

## Intermediate 5K Training Guide

### Welcome to Leggit's 5K Training Programme for Intermediate runners.

If you're looking to improve your 5K running times and run 5K in under 30 minutes; the Leggit.co.uk Intermediate 5K Training Programme could be just what you need.

Our programme focuses specifically on techniques which will help you to build up your speed to achieve your sub 30 minute goal within a period of just 6 weeks.

Now all that's left for you to do, is to get started!

*The Leggit training guides are written and recommended by qualified personal trainers. If you have any enquiries regarding this, or any other programmes featured on leggit.co.uk, please email us at [training@leggit.co.uk](mailto:training@leggit.co.uk) and mark your email as high importance.*

*This programme was written by Pete Morton of Summit Personal Training, Bristol. REPs Number R0031850*

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1		4-6 x 400m w/90sec rest		1min Easy 4mins Hard x4			3 miles Easy Pace
2		6-8 x 400m w/90sec rest		1min Easy 4mins hard x5-6			3 miles Easy Pace
3		4 x 800m w/90sec rest		20min Tempo Run*			4 miles Easy Pace

\*A Tempo run = 1<sup>st</sup> Quarter - Easy Pace / 2<sup>nd</sup> Quarter - Medium Pace / 3<sup>rd</sup> Quarter - Medium-Hard Pace / 4<sup>th</sup> Quarter - Hard Pace.

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
4		4 x 800m w/90sec rest		20min Tempo Run*			4 miles Easy Pace
5		8-10 x 400m w/90sec rest		30min Tempo Run*			5 miles Easy Pace
6		6 x 400m w/90sec rest		3 miles Easy Pace			<b>5K Race!</b>

\*A Tempo run = 1<sup>st</sup> Quarter - Easy Pace / 2<sup>nd</sup> Quarter - Medium Pace / 3<sup>rd</sup> Quarter - Medium-Hard Pace / 4<sup>th</sup> Quarter - Hard Pace.