

ZERO to 5K RUNNING U

Intermediate Training Plan

Are you already running or regularly active, but aren't quite ready for a 5K? This intermediate schedule is for anyone that can run 1 mile without stopping. Start all workouts with a 5 minute brisk warm up walk. Workouts are in miles so plan your route ahead of time or use a GPS watch or app. Rest/XT: Rest or Cross train. Cross training is a great way to stay active on your non running days. This can consist of activities such as yoga, swimming, cycling, strength training, hiking etc.

Group runs will be held on Sundays at 8am at various locations around town. Locations will be posted to the group once training starts and you will receive reminders the Monday prior to the group run! Questions email RunningU@fortcollinsrunningclub.org

Week	Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	4/30-5/6	1.5 Miles	30 min Walk/ XT	1 Mile	30 min Walk/ XT	1 Mile	Rest	30 min Walk/ XT
2	5/7-5/13	1.75 Miles	30 min Walk/ XT	1 Mile	30 min Walk/ XT	1 Mile	Rest	30 min Walk/ XT
3	5/14-5/20	2 Mile	30 min Walk/ XT	1.5 Miles	30 min Walk/ XT	1.5 Miles	Rest	30 min Walk/ XT
4	5/21-5/27	2.25 Miles	30 min Walk/ XT	1.5 Miles	30 min Walk/ XT	1.5 Miles	Rest	30 min Walk/ XT
5	5/28-6/3	2.5 Miles	30 min Walk/ XT	2 Miles	30 min Walk/ XT	2 Miles	Rest	30 min Walk/ XT
6	6/4-6/10	2.75 Mile	30 min Walk/ XT	2 Miles	30 min Walk/ XT	2 Miles	Rest	30 min Walk/ XT
7	6/11-6/17	3 Miles	30 min Walk/ XT	2.5 Miles	30 min Walk/ XT	2.5 Miles	Rest	30 min Walk/ XT
8	6/18-6/24	3.25 Miles	30 min Walk/ XT	3 Miles	30 min Walk/ XT	3 Miles	Rest	30 min Walk/ XT
9	6/25-7/1	3.5 Miles	30 min Walk/ XT	3 Miles	30 min Walk/ XT	2 Miles	Rest	30 min Walk/ XT
10	7/2-7/4	30 min Walk/ XT	Rest	Race Day!  July 4th				