



Intermediate Training Plan

RUNNING U



FIRECRACKER
5K
TRAINING
PROGRAM

Are you an experienced runner looking to improve your 5K performance or personal record (PR)? This intermediate schedule is for anyone who has run a few races and wants to work on improving their PR.

The program is built around a Tuesday workout schedule and a gradually increasing mileage base. Outside of workouts, your mileage should be run at a generally comfortable effort. The goal is to always get to your workouts feeling ready and 'rested'. It is your workouts that are going to lead to the biggest gains in performance, so while you want to make sure you are also focused on maintaining and growing your mileage base, you don't have to push the effort on your regular weekday and weekend runs. For speed work, consider joining the [Tuesday Night Track](#) group for posted workouts that can be done in lieu of what's shown on the schedule.



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WEEK	DATE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	5/1 - 5/7	5 Miles	Rest	30 min tempo (or TNT)	3 Miles	Rest	3 Miles	3 Miles up tempo
2	5/8 - 5/14	5 Miles	Rest	2 x mile (or TNT)	3 Miles	Rest	3 Miles	4 miles
3	5/15 - 5/21	5 Miles	Rest	35 min tempo (or TNT)	3 Miles	Rest	3 Miles	4 miles
4	5/22 - 5/28	6 Miles	Rest	7 x 400m (or TNT)	3 Miles	Rest	3 Miles	5 miles
5	5/29 - 6/4	6 Miles	Rest	40 min tempo (or TNT)	3 Miles	Rest	Rest	5K race or race pace
6	6/5 - 6/11	3 Miles	Rest	3 x mile (or TNT)	3 Miles	Rest	3 Miles	5 miles
7	6/12 - 6/18	6 Miles	Rest	8 x 400 (or TNT)	3 Miles	Rest	3 Miles	3 miles
8	6/19 - 6/25	7 Miles	Rest	40 min tempo (or TNT)	3 Miles	Rest	3 Miles	5 miles
9	6/26 - 7/2	7 Miles	Rest	4 x mile (or TNT)	3 Miles	Rest	3 Miles	3 Miles
10	7/3 - 7/4	Rest	RACE DAY					

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For your Tuesday workouts, a few pointers:

- Your 400-meter repeats should be performed at an effort (and time) that you can sustain for the full set. You always want to leave enough in the tank to be able to run the last repetition as fast as the first couple, but these are meant as hard efforts so don't leave too much in the tank. You should feel controlled, but like you are working hard. These workouts are designed to improve your turnover and top end speed. Always give yourself a mile or two of easy running to warm up before a workout and preferably a couple miles to cool down after.
- For your tempo runs, you are looking for an effort that you would be able to hold for up to an hour, traditionally described as 'comfortably hard'. If you had to hold a short conversation you could, but you really probably don't want to. These workouts are designed to translate the speed you are working on with the track workouts into endurance over the 5k distance.
- For your mile repeats, you are looking for 5k effort. These should not be run as hard as your 400s but should feel tough. Give yourself 5 minutes of very easy jogging between each mile. These workouts are designed to get you comfortable working at 5k effort and are the balance between track and tempo workouts.
- Try to find a 5k race mid-cycle to gauge your current fitness and as a means of setting a goal for the Firecracker. You can also use the race to readjust your workout efforts and also experiment with race pacing and execution.
- An alternative to the workouts outlined in this program, there is a group workout every Tuesday (Tuesday Night Track – TNT) that usually has about 3 miles of work that can be subbed in as desired if you feel like working with a group will help with motivation.

Questions? Email us at info@fortcollinsrunningclub.org