



The FIT Potato COM
 Personal Training | Running Coach | Bootcamp

Intermediate 5K Training Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
WK 1 Mar 18-24	2min Jog 30s run (4-6X)	STRENGTH Cross Train	3min jog 30s run (6-8X)	STRENGTH Cross Train	30s run 2min jog (6-8X)	Active Rest And/or Strength	6-12min jog then 6- 12 min run
WK 2 Mar 25-31	2min Jog 30s run (6-8X)	STRENGTH Cross Train	3min jog 30s run (8-10X)	STRENGTH Cross Train	30s run 2min jog (8-10X)	Active Rest And/or Strength	8-14min jog then 8- 14 min run
WK 3 Apr 1-7	2min Jog 30s run (4-6X)	STRENGTH Cross Train	3min jog 45s run (5-12X)	STRENGTH Cross Train	45s run 2min jog (6-10X)	Active Rest And/or Strength	10-16min jog then 10 min run
WK 4 Apr 8-14	1min Jog 30s run (4-6X)	STRENGTH Cross Train	3min jog 45s run (5-12X)	STRENGTH Cross Train	45s run 2min jog (8-12X)	Active Rest And/or Strength	12-20min jog then 10-15 min run
WK 5 Apr 15-21	1min Jog 30s run (4-6X)	STRENGTH Cross Train	2min jog 45s run (5-15X)	STRENGTH Cross Train	1min run 2min jog (6-12X)	Active Rest And/or Strength	15-25min jog then 15-20 min run
WK 6 Apr 22-28	1min Jog 30s run (4-6X)	STRENGTH Cross Train	2min jog 1min run (5-15X)	STRENGTH Cross Train	1.5min run 2min jog (5-10X)	Active Rest And/or Strength	15-25min jog then 15-20 min run
WK 7 Apr 29-May 5	1min Jog 30s run (4-6X)	STRENGTH Cross Train	20min jog then 5min run	10min jog then 5min run	15min jog 3X20s run 2min jog	REST Prepare	D.M.R 5k! GOOD LUCK!