



8 week **Intermediate**  
5k Training Calendar

**Program Start** – \_\_\_\_\_

**Peak Event Date** – \_\_\_\_\_

**GOAL** – \_\_\_\_\_

**TRAINING CALENDAR LEGEND**

-  - Colour signifies easy day/effort
-  - Colour signifies harder intensity day/effort
- R - Rest day
- XT - Cross train – bike, swim, squash, etc.

\*All training efforts are shown in **miles**

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #1**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px; color: red;">5</span> 5 x 800 m 2:30 min. jog/walk between each repeat	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">3</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">4</span> Accelerations	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px; color: blue;">6</span> *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span> XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #2**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(R)	(5) -3 x 1 km repeats 5 seconds faster than project 5k pace -2:30 min. to 3:00 jog/walk between each repeat	(3)	(5) <b>Hills</b> 2 mile warm up 6 x medium sized hill (1 to 2 minute climb) Recovery walk down hill	(R)	(7) <i>*2:00 to 2:30 minutes/mile slower than projected 5 k race pace</i>	(R) XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

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**Week #3**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px; color: red;">6</span> 6 x 800 m 2:30 min. jog/walk between each repeat	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">3</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">5</span> Accelerations	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">8</span> *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span> XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #4**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(R)	(6) <b>Hills</b> -2 mile warm up 8 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill	(4)	(5) -4 x 1 km repeats 5 seconds faster than project 5k pace -2:30 min. to 3:00 jog/walk between each repeat	(R)	(6) <i>*2:00 to 2:30 minutes/mile slower than projected 5 k race pace</i>	(R) XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #5**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; background-color: #ffcc00;">6</span> 8 x <b>600 m</b> 2:00 min. jog/walk between each repeat	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">4</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">5</span> <b>Accelerations</b>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">9</span> *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week # 6**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(R)	(5) <b>10+ x 400 m</b> 2:00 min. jog/walk between each repeat	(4)	(6) <b>Hills</b> -2 mile warm up 8 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill	(R)	(10) <b>*2:00 to 2:30 minutes/mile</b> slower than projected 5 k race pace	(R) XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #7**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: red;">5</span> <b>Z1</b> -2 x <b>1 mile</b> repeats At projected 5k pace or 5 seconds per mile faster -3:00 jog/walk between each repeat	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">5</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">4</span>  Accelerations	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; color: blue;">6</span>  *2:00 to 2:30 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px;">R</span> XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:



**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #8**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
(R)	(5)  <b>Accelerations</b>	(4)	(3)	(R) XT	(R)	<b>5k RUN!</b>
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<b>RESULTS:</b>  <b>Time:</b> _____  <b>Comments:</b> _____