



## Get Your Rear in Gear® 5K Intermediate Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3	Rest	3	Rest	4	5
2	Rest	3	WO#1	3	Rest	4	5
3	Rest	3	WO#1	3	Rest	4T	5
4	Rest	3	Rest	4	Rest	4T	6
5	Rest	3	WO#2	4	Rest	4T	6
6	Rest	3	Rest	3	Rest	5K Time Trial	5
7	Rest	3	WO#3	4	Rest	4T	6
8	Rest	3	Rest	4	Rest	4T	7
9	Rest	3	WO#4	3	Rest	4T	6
10	3	Rest	4	2	Rest	<b>GYRIG 5K RACE</b>	Rest

The training plan above is reserved for current runners seeking a plan to help them succeed in the next Get Your Rear in Gear® 5K event! Adjust the plan accordingly to meet your lifestyle and needs. The numbers on the training plan indicate the miles to be run each day. Tuesday, Thursday, and Sunday runs should be completed at an easy, comfortable pace. Saturdays are mainly reserved for tempo runs as indicated by the "T." On these days, warm-up for 10 minutes at a comfortable pace, then gradually build to a faster, slightly uncomfortable pace for 10-15 minutes, followed by a cool down for the remainder of the run. The 5K Time Trial involves a mock 5K race. This can be done individually or with a group. Simulate everything you would do on race day, including the actual course, if possible. Wednesday is your speed day. The different workouts can be found below:

- Workout (WO) #1 – 10 minute warm-up followed by 20 minutes of intervals (1 minute hard run/1 minute recovery jog)
- Workout (WO) #2 – 8x400m at 5K pace with 1 minute rest between intervals
- Workout (WO) #3 – 6x800m at 5K pace with 2 minute rest between intervals
- Workout (WO) #4 – 3x1600m at 5K pace with 3 minute rest between intervals