

# Hal Higdon's 5 K Training Program

## 5-K Training: Intermediate

| Week | Mon  | Tue     | Wed                  | Thu     | Fri  | Sat      | Sun             |
|------|------|---------|----------------------|---------|------|----------|-----------------|
| 1    | Rest | 3 m run | 5 x 400<br>Mile pace | 3 m run | Rest | 3 m run  | 5 m run         |
| 2    | Rest | 3 m run | 30 min<br>tempo run  | 3 m run | Rest | 3 m fast | 5 m run         |
| 3    | Rest | 3 m run | 6 x 400<br>Mile pace | 3 m run | Rest | 4 m run  | 6 m run         |
| 4    | Rest | 3 m run | 35 min<br>tempo run  | 3 m run | Rest | Rest     | <b>5-K test</b> |
| 5    | Rest | 3 m run | 7 x 400<br>Mile pace | 3 m run | Rest | 4 m fast | 6 m run         |
| 6    | Rest | 3 m run | 40 min<br>tempo run  | 3 m run | Rest | 5 m run  | 7 m run         |
| 7    | Rest | 3 m run | 8 x 400<br>Mile pace | 3 m run | Rest | 5 m fast | 7 m run         |
| 8    | Rest | 2 m run | 30 min<br>tempo run  | 2 m run | Rest | Rest     | <b>5-K Race</b> |