

NYRR 5K TRAINING PLAN INTERMEDIATE (12 WEEKS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Miles/wk (nearest mile)
	Easy run or day off	Speedwork	Easy run, day off, or cross-train	Tempo run	Day off	Easy run with drills and strides	Long run	
1	3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides¹ • 6x400 meters at 5K goal pace w/200-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 2 miles easy, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 1:00 per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 4x(100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 4-5 miles easy • 5-10:00 strength training (optional) 	16-22
	0-3	4	0-2	5	0	2.5	4-5	
2	2-3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4x600 meters at 10 seconds per mile slower than 5K goal pace w/400-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 2 miles easy, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 50 seconds per mile slower than 5K goal pace • 800 meters easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 6x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 4-5 miles easy-to-moderate • 5-10:00 strength training (optional) 	18-22
	0-3	5	0-2	4.5	0	2.75	4-5	
3	3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 5x400 meters uphill at RPE level 8 w/jog-down recoveries • 1 mile easy • 5-10:00 strength training 	Choose one: 2 miles easy, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2 miles at 50 seconds per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 5-6 miles easy • 5-10:00 strength training (optional) 	17-23
	0-3	4.5	0-2	4	0	3	5-6	
4	2-3 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4x600 meters at 5K goal pace w/300-meter recovery jogs • 4x300 meters at 1:00 per mile faster than 5K goal pace w/200-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 2 miles easy or 20:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 1:00 per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 4x200 meters at 5K goal pace w/200-meter recovery jogs • 800 meters easy 	<ul style="list-style-type: none"> • 1 mile easy • Form drills and strides • 1 mile time trial • 1 mile easy 	17-21
	2-3	5.5	0-2	5	0	2.5	3.3	

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5	3-4 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2x1 mile w/800-meter recovery jog—#1 at 10 seconds slower than 5K goal pace, #2 at 5K goal pace • 1 mile easy • 5-10:00 strength training 	Choose one: 3 miles easy, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 50 seconds per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 6-7 miles easy • 5-10:00 strength training (optional) 	22-27
	3-4	4.5	0-3	5	0	3	6-7	
6	2-3 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 5x600 meters at 5K goal pace w/300-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 3 miles easy or 25:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2.5 miles at 40 seconds per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 6 miles moderate • 5-10:00 strength training (optional) 	21-25
	2-3	5.5	0-3	4.5	0	3	6	
7	3 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4x800 meters at 5K goal pace w/400 meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 3 miles easy, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 45 seconds per mile slower than 5K goal pace • 800 meters easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 7-8 miles moderate • 5-10:00 strength training (optional) 	23-27
	3	4.25	0-3	4.5	0	3	7-8	
8	3 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 1200 meters at 10 seconds per mile slower than 5K goal pace • 600-meter recovery jog • 600 meters at 5K goal pace • 400-meter recovery jog • 3x400 meters at 10 seconds per mile faster than 5K goal pace w/200-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 3 miles easy, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2 miles at 30 seconds per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 4x200 meters at 5K goal pace w/200-meter recovery jogs • 800 meters easy 	<ul style="list-style-type: none"> • 1 mile easy • Form drills and strides • 2-mile time trial or 5K race • 1 mile easy 	19-23
	3	4.9	0-3	4	0	2.5	4.5-5.6	
9	4 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4x800 meters at 2, 3, 4, and 5 seconds per mile faster than 5K goal pace w/400-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Choose one: 3 miles easy or 25:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 45 seconds per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 6 miles easy-to-moderate • 5-10:00 strength training (optional) 	24-27
	4	6.5	0-3	5	0	3	6	

10	3-4 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2x1 mile at 5K goal pace w/800-meter recovery jog • 1 mile easy • 5-10:00 strength training 	Choose one: 3 miles easy or 25:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2.5 miles at 30 seconds per mile slower than 5K goal pace • 800 meters easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 5-7 miles moderate • 5-10:00 strength training (optional) 	19-25
	3-4	4.5	0-3	3.5	0	3	5-7	
11	3 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 12x400 meters at 10 seconds per mile faster than 5K goal pace w/200-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 4 miles at 1:00 per mile slower than 5K goal pace • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 8x (100-meter stride, 100-meter jog) • 1 mile easy 	<ul style="list-style-type: none"> • 4 miles easy • 5-10:00 strength training (optional) 	23
	3	6.5	0	6	0	3	4	
12	Day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 1 mile at 5K goal pace • 1 mile easy • 5-10:00 strength training 	Choose one: 2 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy • 6x (100-meter stride, 200-meter jog) • 800 meters easy 	3 miles easy or day off	<ul style="list-style-type: none"> • 800 meters easy • 4x (100-meter stride, 200-meter jog) • 800 meters easy 	<ul style="list-style-type: none"> • 1 mile easy • Form drills and strides • 5K goal race • 1 mile easy 	12-17
	0	3	0-2	2.75	0-3	1.75	5.4	

WARMUP: 1 MILE EASY WITH FORM DRILLS AND STRIDES

- **Jog 1:00**
- **Form drills:** for 15-20 seconds each, followed by 15-20 seconds of slow jogging, do each of these eight drills:
 - Butt-kicks
 - High knees
 - Quick feet
 - Skipping for height
 - Side-slide/chassée (R and L)
 - Cross-over/carioca/grapevine (R and L)
- **Strides:** after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you've done four 20-second strides.
- **Jog 1:00**

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1-2	Negligible effort	Walking
3-4	Easy	Easy-run range
5	Moderate	Regular-run pace
6-7	Moderate-to-hard	Tempo-run range
8-9	Hard	Speedwork range
10	Very hard	Sprinting