



**2XU**

**INTERMEDIATE  
5KM TRAINING PROGRAM**



# ABOUT THE **INTERMEDIATE** 5KM TRAINING PROGRAM

This program has been designed for those who have been running consistently 3 or more times per week and looking to improve on their 5km time. It is an intermediate program to give you the best chance of running a Personal best 5km.

# TRAINING TERMS

## EASY

This level of effort should largely feel easy aerobically but wont always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you cant, you are probably going too hard.

## SOLID

This level of effort is a touch harder than easy. It's more of a tempo effort. A simple test would be you should be able to chat but not at the same level as Easy/aerobic. For example you might be able to have a conversation but it would be very difficult to maintain or would be broken so you could catch your breath.

## HARD

This level of effort should be difficult and uncomfortable to sustain. You wont feel like talking and if you tried it would only be a few words as you should be breathing quite heavily.

## KEY ABBREVIATIONS

**W/U**

Warm Up

**W/D**

Warm Down

**TT**

Time Trial

# RECOVERY IS TRAINING

## THE IMPORTANCE OF RECOVERY

The only training you benefit from is the training you recover from.

It's true that pushing your limits makes you perform better. But the closer you get to the edge, the higher the risk of injury or illness. That's why recovery is so important.

The better you recover, the better you can train. And ultimately, the better you will perform.

Recovery days are scheduled during the week. If this exact schedule doesn't suit your weekly schedule make sure you are scheduling rest and recovery days in between harder efforts to ensure you adapt and recover.

## PRODUCT FEATURE



[SHOP RECOVERY](#)



# GO TO WEEK

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MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Walk/Run:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 6 x 400m hard run with 1min standing recovery between <b>W/D:</b> 1.5km easy jog
WED	Run:	20 mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 3 x 1km solid run with 90sec standing recovery between <b>W/D:</b> 1.5km easy jog
SAT	X Train:	20 - 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
SUN	Long Run:	6km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 5 x 600m hard with 90 sec standing recovery between <b>W/D:</b> 1.5km easy jog
WED	Run:	20 mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 5 x 3mins solid run with 1min easy jog recovery between <b>W/D:</b> 1.5km easy jog
SAT	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.
SUN	Long Run:	7km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 4 x 800m hard with 90 sec standing recovery between <b>W/D:</b> 1.5km easy jog
WED	Run:	25 mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 8 x 2mins solid run with 1min easy jog recovery between <b>W/D:</b> 1.5km easy jog
SAT	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.
SUN	Long Run:	8km easy



MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 8 x 400m hard with 60 sec standing recovery between <b>W/D:</b> 1.5km easy jog
WED	Run:	25 mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 3 x 5mins solid run with 2min easy jog recovery between <b>W/D:</b> 1.5km easy jog
SAT	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.
SUN	Long Run:	10km easy

MON	<b>Recovery focus:</b> massage, foam roller, Yoga, etc.	
TUES	<b>Session:</b>	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 10 x 100m hard with 60 sec solid jog recovery between <b>W/D:</b> 1.5km easy jog
WED	<b>Run:</b>	25 mins easy
THUR	<b>Recovery focus:</b> massage, foam roller, Yoga, etc.	
FRI	<b>Run:</b>	30mins easy + 5 x 200m hard run with 60 sec standing recovery between
SAT	<b>X Train:</b>	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.
SUN	<b>Test:</b>	<b>W/U:</b> 2km easy jog <b>Main set:</b> 3km TT @ goal 5km pace <b>W/D:</b> 1km easy jog

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 5 x 1km hard run, 1min standing recovery between <b>W/D:</b> 1.5km easy jog
WED	Run:	25 mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Run:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 3 x 7mins solid run, 3min walk recovery between <b>W/D:</b> 1.5km easy jog
SAT	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.
SUN	Long Run:	10km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 8 x 400m hard run with 200m solid jog recovery between <b>W/D:</b> 1.5km easy jog
WED	Run:	25 mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 15mins solid run, 2min easy jog between, 5min hard run to finish <b>W/D:</b> 1.5km easy jog
SAT	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.
SUN	Taper Long Run	7km easy

MON	<b>Recovery focus:</b> massage, foam roller, Yoga, etc.	
TUES	<b>Session:</b>	<b>W/U:</b> 1.5km easy jog <b>Main set:</b> 2km solid run, 2mins standing recovery, 4 x 400m hard run with 60sec standing recovery between <b>W/D:</b> 1.5km easy jog
WED	<b>Run:</b>	20 mins easy
THUR	<b>Recovery focus:</b> massage, foam roller, Yoga, etc.	
FRI	<b>Run:</b>	20mins easy + 6 x 100m hard run walk back to start for recovery
SAT	<b>Rest Day:</b>	
SUN	<b>Race Day!</b> Good luck today, trust in your training and go out there and enjoy it	