

5km Intermediate

Rest days: Tuesdays & Fridays. Rest or cross training days: Thursdays and Sundays

| Training phases | Wk | Date | Mon | Wed | Sat | Sun |
|------------------------|----|-----------|----------|----------------|----------|--------------|
| Base Training | 1 | 4/29/2019 | REST | 2 (13)* | REST | 3 (30) |
| | 2 | 5/6/2019 | REST | 2 (13) | 3 (25) | REST |
| Early Quality Training | 3 | 5/13/2019 | REST | 2.5 (14) | 3 (20) | REST |
| | 4 | 5/20/2019 | REST | 2.5 (14) | REST | 3 (25) |
| Hard work | 5 | 5/27/2019 | 3x400m | 2.5 (14) | 3 (20) | REST |
| | 6 | 6/3/2019 | 4x400m | 2.5 (15) | 4 (24) | REST |
| | 7 | 6/10/2019 | 5x400m | 3 (18) | 5 (40) | REST |
| | 8 | 6/17/2019 | 7x400m | 3 (18) | 5 (28) | REST |
| Tempo Running | 9 | 6/24/2019 | 4 (25) | 3 (18) TEMPO | 5 (35) | 5 (30) |
| | 10 | 7/1/2019 | 4 (25) | 3.5 (20) TEMPO | 5 (28) | REST |
| | 11 | 7/8/2019 | 4 (25) | 3.5 (20) TEMPO | 6.5 (40) | REST |
| Race | 12 | 7/15/2019 | 3.5 (20) | 3.5 (20) TEMPO | REST | 5km WRF Race |

* 2 km (or 13 minutes) - do whichever comes first.