

A&L Goodbody

Run the ALG5K in less than 25 minutes

# INTERMEDIATE

## TRAINING PLAN

This plan is for someone who runs 5k regularly but hopes to improve their time to less than 25 minutes. The focus is to develop speed endurance. To complete this training plan, you need a moderate level fitness.

A L G  
5K



## Advice before starting:

Any session that involves fast paced running should also include a 10 minute warm up and cool down with stretches.

Your training does not have to be completed on the days suggested below, fit the sessions around the rest of your life but try to keep it so that you have an easy or rest day after the more intense sessions. If you are feeling tired on a day where an intense session is scheduled, save it for another day and have a day off to pick an easy run.



### TIPS

Don't run if you are feeling ill or run down, an elevated resting heart rate is usually an indicator that you need to rest as there is a possibility that you are fighting off a bug or virus.

*For more useful tips, click below to visit the Athletics Ireland website.*

ATHLETICS IRELAND WEBSITE





# WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	4 X 4 minutes fast pace run	Rest	30 minutes fartlek with several 30 second quick bursts	Rest	8 X 30 seconds fast paced run	30 minutes run

# WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	4 X 4 minutes fast pace run	Rest	35 minutes fartlek with several 30 second quick bursts	Rest	8 X 30 seconds fast paced run	30 minutes run

# WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	4 X 4 minutes fast pace run	Rest	40 minutes fartlek with several 30 second quick bursts	Rest	8 X 30 seconds fast paced run	30 minutes run

*\*Fartlek - consisting of bursts of intense effort loosely alternating with less strenuous activity*

# WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
35 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	4 X 4 minutes fast pace run	Rest	40 minutes fartlek with several 30 second quick bursts	Rest	8 X 60 seconds fast paced run	35 minutes run

# WEEK FIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
40 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	4 X 4 minutes fast pace run	Rest	40 minutes fartlek with several 30 second quick bursts	Rest	8 X 60 seconds fast paced run	40 minutes run

# WEEK SIX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
40 minutes easy pace with 4 X 20 seconds fast efforts within the run. Allow at least two minutes easy running between each effort.	4 X 4 minutes fast pace run	Rest	45 minutes fartlek with several 30 second quick bursts	Rest	8 X 60 seconds fast paced run	40 minutes run



A&L Goodbody

MORE  
THAN  
A  
RUN



A L G  
5K

