

## 2025 Summer Run Club - 8 week 5K Intermediate

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Rest day	Basic run day	Building day	Mix it up	Rest day	Shake out for long run	Long run day
1	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
Base	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>25-40 min run @ base pace</b> Choose your time depending on how you are feeling, what you have time for, and/or the weather. If you are feeling great, go for 40min! But if you are not having a great day or feeling tired, an easy 25 min jog is also a great way to keep building your foundation.	<b>Intervals: Complete (5) 400meter sprints</b> Warmup with a mile jog 400 meters hard, 400 meters walk recover Cool down with a short jog	<b>Options - 25-40 min</b> - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>2-3 mile run @ base pace</b> This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	<b>4 mile run at an easy pace</b> Be at a pace where you can easily have a conversation with someone. This may feel very slow, and it is ok. The objective is to cover miles, not push yourself.
2	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
Build	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>25-40 min run @ base pace</b> Choose your time depending on how you are feeling, what you have time for, and/or the weather. If you are feeling great, go for 40min! But if you are not having a great day or feeling tired, an easy 25 min jog is also a great way to keep building your foundation.	<b>Tempo Run: 30 mins at your tempo pace</b> 5 min easy, 20 min tempo, 5 min cool down A tempo run helps build endurance and increases your "baseline." This pace should be "comfortably hard" but not all-out.	<b>Options - 25-40 min</b> - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>2-3 mile run @ fast-ish pace</b> This pace should right where you can't really chat to your running partner. Don't go too fast through, err on the side of too slow.	<b>5 mile run at an easy pace</b> Be at a pace where you can easily have conversation with someone. This may feel very slow, and it is ok. The objective is to cover miles, not push yourself.
3	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
Build	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>25-40 min run @ base pace</b> Choose your time depending on how you are feeling, what you have time for, and/or the weather. If you are feeling great, go for 40min! But if you are not having a great day or feeling tired, an easy 25 min jog is also a great way to keep building your foundation.	<b>Intervals: Complete (6) 400meter sprints</b> Warmup with a mile jog 400 meters hard, 400 meters walk recover Cool down with a short jog	<b>Options - 25-40 min</b> - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>3-4 mile run @ base pace</b> This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	<b>6 mile run at an easy pace</b> Be at a pace where you can easily have a conversation with someone. This may feel very slow, and it is ok. The objective is to cover miles, not push yourself.
4	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
Recovery	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>25-40 min run @ base pace</b> Choose your time depending on how you are feeling, what you have time for, and/or the weather. If you are feeling great, go for 40min! But if you are not having a great day or feeling tired, an easy 25 min jog is also a great way to keep building your foundation.	<b>Tempo Run: 35 mins at your tempo pace</b> 5 min easy, 25 min tempo, 5 min cool down A tempo run helps build endurance and increases your "baseline." This pace should be "comfortably hard" but not all-out.	<b>Options - 25-40 min</b> - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>5K Test - Race a 5K and record your time</b>
5	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
Build	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>25-40 min run @ base pace</b> Choose your time depending on how you are feeling, what you have time for, and/or the weather. If you are feeling great, go for 40min! But if you are not having a great day or feeling tired, an easy 25 min jog is also a great way to keep building your foundation.	<b>Intervals: Complete (7) 400meter sprints</b> Warmup with a mile jog 400 meters hard, 400 meters walk recover Cool down with a short jog	<b>Options - 25-40 min</b> - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>3-4 mile run @ base pace</b> This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	<b>6 mile run at an easy pace</b> Be at a pace where you can easily have a conversation with someone. This may feel very slow, and it is ok. The objective is to cover miles, not push yourself.
6	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
Build	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>25-40 min run @ base pace</b> Choose your time depending on how you are feeling, what you have time for, and/or the weather. If you are feeling great, go for 40min! But if you are not having a great day or feeling tired, an easy 25 min jog is also a great way to keep building your foundation.	<b>Tempo Run: 40 mins at your tempo pace</b> 5 min easy, 30 min tempo, 5 min cool down A tempo run helps build endurance and increases your "baseline." This pace should be "comfortably hard" but not all-out.	<b>Options - 25-40 min</b> - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>4-5 mile run @ fast-ish pace</b> This pace should right where you can't really chat to your running partner. Don't go too fast through, err on the side of too slow.	<b>7 mile run at an easy pace</b> Be at a pace where you can easily have a conversation with someone. This may feel very slow, and it is ok. The objective is to cover miles, not push yourself.
7	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
Build	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>25-40 min run @ base pace</b> Choose your time depending on how you are feeling, what you have time for, and/or the weather. If you are feeling great, go for 40min! But if you are not having a great day or feeling tired, an easy 25 min jog is also a great way to keep building your foundation.	<b>Intervals: Complete (8) 400meter sprints</b> Warmup with a mile jog 400 meters hard, 400 meters walk recover Cool down with a short jog	<b>Options - 25-40 min</b> - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>4-5 mile run @ base pace</b> This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	<b>7 mile run at an easy pace</b> Be at a pace where you can easily have a conversation with someone. This may feel very slow, and it is ok. The objective is to cover miles, not push yourself.
8	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
Taper/Race	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>25-40 min run @ base pace</b> Choose your time depending on how you are feeling, what you have time for, and/or the weather. If you are feeling great, go for 40min! But if you are not having a great day or feeling tired, an easy 25 min jog is also a great way to keep building your foundation.	<b>Tempo Run: 30 mins at your tempo pace</b> 5 min easy, 20 min tempo, 5 min cool down A tempo run helps build endurance and increases your "baseline." This pace should be "comfortably hard" but not all-out.	<b>Options - 25-40 min</b> - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>Rest</b> The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	<b>Race day! Run a 5K and see how far you have come!</b>

Training program created by Coach Burley - please feel free to reach out over the summer if you have questions - coachanneburley@gmail.com \*Adapted from Hal Higdon's Intermediate 8-week 5K training program