

INTERMEDIATE RUNNER'S 15 WEEK TRAINING PLAN

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TRAINING OVERVIEW

This plan is designed for runners with an established training base, aiming to improve their performance and endurance. This plan is suitable for individuals running 3-4 times per week, covering approximately 20 miles weekly. The structure incorporates a blend of endurance-building workouts, speed sessions, and race-specific training to prepare runners for distances such as 5K, 5 Mile and 10 Mile events.

This programme is a suggestion and should be adapted to suit your work and home life and the days that suit you. You should always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

WHAT TO EXPECT

- A structured progression through different training phases:
 - Weeks 1-4: Aerobic Base & Fartlek Focus
 - Weeks 5-9: Strength & Speed Development
 - Weeks 10-14: Race-Specific Training & Sharpening
 - Week 15: Taper & Race Week
- Higher training loads with more repetitions, reduced recovery, or longer efforts
- Step-back weeks strategically aligned with race dates for recovery



A GUIDE TO THE TERMS IN THE PLAN:

Walk: Brisk walking pace (faster than walking to the shop)

Jog: Gentle running (able to chat easily throughout)

Run: Running at a pace that varies based on effort level:

- **Easy (3/10):** Comfortable running pace, relaxed breathing, able to hold a conversation
- **Moderate (5-6/10):** Controlled effort, breathing slightly heavier, conversation is limited
- **Hard / Race Pace (6-7/10):** Challenging pace, breathing is labored, can only speak in short phrases
- **Strides (7-8/10):** Short bursts of faster running with good form, controlled speed
- **Mixed Efforts (5-8/10):** A combination of different paces within the same session, alternating between moderate, hard, and stride efforts to build endurance and speed

WHO IS THIS PLAN FOR?

- Runners currently running 3-4 times per week
- Those looking to increase speed, endurance, and race performance
- Individuals targeting 5k - 10 Mile events

WEEKS 1 - 6 INTERMEDIATE RUNNER'S TRAINING PLAN

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 WEEK 1	STARTING WEEK OF APRIL 7TH	REST	WARM UP 15 MINS EASY, SPEED 6-8*45 SECS HARD / 90 SECS EASY ~ 5 MILE TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*20 SEC STRIDES ~ 5 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 7 MILE RUN
 WEEK 2	STARTING WEEK OF APRIL 14TH	REST	WARM UP 15 MINS EASY, SPEED 4-6*90 SECS HARD / 2 MINS EASY ~ 5 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*20 SEC STRIDES ~ 5 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 8 MILE RUN
 WEEK 3	STARTING WEEK OF APRIL 21ST	REST	WARM UP 15 MINS EASY, SPEED 3-4*3 MINS HARD / 2 MINS EASY ~ 5 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*20 SEC STRIDES ~ 5 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 9 MILE RUN
 WEEK 4	STARTING WEEK OF APRIL 28TH	REST	WARM UP 15 MINS EASY, SPEED 4-6*1 MIN MODERATE / 2 MIN EASY ~ 6 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 5 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 10 MILE RUN
 WEEK 5	STARTING WEEK OF MAY 5TH	REST	WARM UP 15 MINS EASY, SPEED 3-4*4 MINS HARD / 2 MIN EASY ~ 5 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 5 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 8 MILE RUN
 WEEK 6	STARTING WEEK OF MAY 12TH	REST	WARM UP 15 MINS EASY, EASY RUN & 2-3*3 MINS MODERATE / 2 MINS EASY ~ 6 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 3 MILES TOTAL	REST	BIOFREEZE IRISH RUNNER 5K	REST

WEEK 6 IS 5K RACE WEEK!

* Please check effort levels referred to on page one



WEEKS 7 - 12 INTERMEDIATE RUNNER'S TRAINING PLAN

WEEK 7 IS
RECOVERY WEEK!

WEEK 7
STARTING
WEEK OF
MAY 19TH

WEEK 8
STARTING
WEEK OF
MAY 26TH

WEEK 9
STARTING
WEEK OF
JUNE 2ND

WEEK 10
STARTING
WEEK OF
JUNE 9TH

WEEK 11
STARTING
WEEK OF
JUNE 16TH

WEEK 12
STARTING
WEEK OF
JUNE 23RD

WEEK 12 IS 5
MILE RACE
WEEK!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 4 MILES TOTAL	REST	WARM UP 15 MINS EASY, SPEED 3-4*3 MIN HARD / 2 MIN EASY ~ 6 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 10 MILE RUN
REST	WARM UP 15 MINS EASY, SPEED 2-3*5 MIN HARD / 3 MIN EASY ~ 7 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 6 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 10 MILE RUN
REST	WARM UP 15 MINS EASY, SPEED 5-4-3-2-1- MIXED EFFORTS / 2 MIN EASY ~ 7 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 6 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 11 MILE RUN
REST	WARM UP 15 MINS EASY, SPEED 6-8*1 MIN MODERATE / 2 MIN EASY ~ 7 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 6 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 12 MILE RUN
REST	WARM UP 15 MINS EASY, SPEED 4-5*4 MIN MODERATE / 2 MIN EASY* 4*30 SECS HARD / EASY ~ 7 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 6 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 8 MILE RUN
REST	WARM UP 15 MINS EASY, SPEED 3*3 MINS RACE PACE / 2 MINS EASY ~ 6 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 3 MILES TOTAL	REST	REST	BIOFREEZE IRISH RUNNER 5 MILE



WEEKS 13 - 15 INTERMEDIATE RUNNER'S TRAINING PLAN

WEEK 14 IS TAPER
WEEK (REDUCING
TRAINING VOLUME &
INTENSITY)

WEEK
13
STARTING
WEEK OF
JUNE 30TH

WEEK
14
STARTING
WEEK OF
JULY 7TH

WEEK
15
STARTING
WEEK OF
JULY 14TH

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	WARM UP 15 MINS EASY, SPEED 4-5*2 MIN MODERATE / 2 MIN EASY ~ 7 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 6 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 12 MILE RUN
REST	WARM UP 15 MINS EASY, SPEED 2-3*6 MINS HARD / 3 MINS EASY ~ 7 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 4 MILES TOTAL	EASY 3 MILE RUN	REST	EASY 7 MILE RUN
REST	WARM UP 15 MINS EASY, SPEED 5 MINS AT RACE PACE & 4-6*30 SECS HARD / EASY ~ 3 MILES TOTAL	REST	WARM UP 15 MINS EASY, EASY RUN & 4-6*30 SEC STRIDES ~ 3 MILES TOTAL	REST	REST	BIOFREEZE IRISH RUNNER 10 MILE

WEEK 15 IS 10 MILE
RACE WEEK!

