





# 5.5km Intermediate Training Program

**Legend:** w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

Week 12		Week 11		Week 10		Week 9	
Monday	10min walk w/u 15min jog 10min walk c/d	Monday	10min walk w/u 20min jog 10min walk c/d	Monday	10min walk w/u 15min jog 10min walk c/d	Monday	25min jog
Tuesday	10min walk w/u 10min jog, 5min walk 10 min jog 10min walk c/d	Tuesday	5min walk w/u 15min jog, 5min walk 15 min jog 5min walk c/d	Tuesday	5min walk w/u 15min jog 5min walk 15min jog 5min walk c/d	Tuesday	5min jog w/u 10min run 5min Jog c/d
Wednesday		Wednesday		Wednesday		Wednesday	
Thursday	5min walk w/u 20min jog 5min walk c/d	Thursday	10min walk w/u 15min jog 10min walk c/d	Thursday	5min walk w/u 20min jog 5min walk c/d	Thursday	30min jog
Friday		Friday	1/08/08	Friday		Friday	
Saturday	10min walk w/u 25min jog 10min walk c/d	Saturday	10min walk w/u 25min jog 10min walk c/d	Saturday	5min walk w/u 30min jog 5min walk c/d	Saturday	5min jog w/u, 15min run, 5min Jog c/d
Sunday		Sunday		Sunday		Sunday	

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Week 16		Week 15		Week 14		Week 13	
Monday		Monday		Monday		Monday	10min walk w/u 15min jog 10min walk c/d
Tuesday	10min walk w/u 5min jog 2min, walk 5min jog 10min walk c/d	Tuesday	10min walk w/u 10min jog 10min walk c/d	Tuesday	10min walk w/u 10min jog 5min, walk 10min jog 10min walk c/d	Tuesday	10min walk w/u 10min jog, 5min walk 10 min jog 10min walk c/d
Wednesday		Wednesday		Wednesday		Wednesday	
Thursday	10min walk w/u 10min jog 10min walk c/d	Thursday	10min walk w/u 15min jog 10min walk c/d	Thursday	10min walk w/u 15min jog 10min walk c/d	Thursday	5min walk w/u 20min jog 5min walk c/d
Friday		Friday		Friday		Friday	
Saturday	10min walk w/u 5min jog 2min walk 5 min jog 10min walk c/d	Saturday	10min walk w/u 10min jog 10min walk c/d	Saturday	10min walk w/u 10min jog 5min walk 10 min jog 10min walk c/d	Saturday	10min walk w/u 15min jog 10min walk c/d
Sunday		Sunday		Sunday		Sunday	