

OhioHealth Capital City

Intermediate 5K Run Training Schedule

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	●	.5	●	.5	.5	●	1
WEEK 2	●	.75	●	.5	.5	●	1.25
WEEK 3	●	.75	●	.75	1	●	1.5
WEEK 4	●	1	●	.75	1	●	1.75
WEEK 5	●	1	●	1	1	●	2
WEEK 6	●	1.25	●	1	1	●	2.25
WEEK 7	●	1.25	●	1	1.25	●	2.5
WEEK 8	●	1.5	●	1	1.25	●	2.75
WEEK 9	●	1.5	●	1.25	1.5	●	2.75
WEEK 10	●	1.75	●	1.5	1.5	●	3
WEEK 11	●	2.25	●	1.5	2	●	2
WEEK 12	●	2.5	●	1.5	2	●	3
WEEK 13	●	1.75	●	1	2	●	2
WEEK 14	●	1	●	.5	●	●	3.1

- Day off/rest
- Walk (miles)
- Easy pace running (miles)
- Race Day (miles)

All workouts begin with a 5 min walk for warmup and end with a 5 min walk for cool down.

Run segments should be an easy pace (able to talk in short full sentences while running). If not, slow down.

LEARN MORE

OhioHealth has a variety of resources to help you train for any race level. Visit [OhioHealth.com/sportsmed-runners](https://www.ohiohealth.com/sportsmed-runners)



This 14 week plan is designed for someone who is currently able to comfortably run 1 mile continuously 2-3 times per week at the start of week 1. The goal is to train for and complete a running 5k. If you are not yet able to comfortably run 1 mile, or prefer to use the run/walk approach check out the Beginner 5K Run/Walk plan.

Check with your doctor before starting this or any training plan or exercise regimen.