

ADIDAS RUNNERS 5K TRAINING PLAN - INTERMEDIATE



| | WEEK 01 GETTING STARTED | WEEK 02 GAIN CONTROL | WEEK 03 UPGRADING PATTERNS 1 | WEEK 04 UPGRADING PATTERNS 2 | WEEK 05 POWER UP | WEEK 06 STAY READY | WEEK 07 RECOVERY |
|-----------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| MONDAY | <input type="checkbox"/> YOUTUBE INTRODUCTION & DAILY EXERCISES | <input type="checkbox"/> YOUTUBE WEEKLY OVERVIEW & DAILY EXERCISES | <input type="checkbox"/> YOUTUBE WEEKLY OVERVIEW & DAILY EXERCISES | <input type="checkbox"/> YOUTUBE WEEKLY OVERVIEW & DAILY EXERCISES | <input type="checkbox"/> YOUTUBE WEEKLY OVERVIEW & DAILY EXERCISES | <input type="checkbox"/> YOUTUBE WEEKLY OVERVIEW & DAILY EXERCISES | <input type="checkbox"/> YOUTUBE MEDAL MONDAY + POST RACE RECOVERY |
| TUESDAY | <input type="checkbox"/> RECOVERY RUN 4K / 20-25MIN WITH WARM UP AND COOL DOWN | <input type="checkbox"/> RECOVERY RUN 4.5K / 25-30MIN WITH WARM UP AND COOL DOWN | <input type="checkbox"/> RECOVERY RUN 4.5K / 25-30MIN WITH WARM UP AND COOL DOWN | <input type="checkbox"/> RECOVERY RUN 5K / 25-30MIN WITH WARM UP AND COOL DOWN | <input type="checkbox"/> RECOVERY RUN 5.5K / 25-30MIN WITH WARM UP AND COOL DOWN | <input type="checkbox"/> RECOVERY RUN 4.5K / 25-30MIN WITH WARM UP AND COOL DOWN | REST DAY |
| WEDNESDAY | <input type="checkbox"/> YOUTUBE STRENGTH SESSION 45MIN FOCUS: MOBILITY & STABILITY | <input type="checkbox"/> YOUTUBE STRENGTH SESSION 45MIN FOCUS: ROTATION & CONTROL | <input type="checkbox"/> YOUTUBE STRENGTH SESSION 45MIN FOCUS: UPPER PUSH & LOWER PULL | <input type="checkbox"/> YOUTUBE STRENGTH SESSION 45MIN FOCUS: UPPER PUSH & LOWER PULL | <input type="checkbox"/> YOUTUBE STRENGTH SESSION 45MIN FOCUS: PLYOMETRICS | <input type="checkbox"/> YOUTUBE STRENGTH SESSION 45MIN FOCUS: BODY MAINTENANCE | <input type="checkbox"/> YOUTUBE MINDSET SESSION POST RACE REFLECTION |
| THURSDAY | <input type="checkbox"/> INTERVAL RUN 5K / 25-30MIN 5X1MIN ON WITH 1MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN | <input type="checkbox"/> INTERVAL RUN 6K / 30-35MIN 4X2MIN ON WITH 1MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN | <input type="checkbox"/> INTERVAL RUN 6K / 30-35MIN 4X3MIN @5MIN/KM WITH 1MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN | <input type="checkbox"/> INTERVAL RUN 7K / 40-45MIN 8X2MIN @4:30MIN/KM WITH 1MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN | <input type="checkbox"/> INTERVAL RUN 7K / 40-45MIN 4X1K @-5:00MIN/KM WITH 2MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN | <input type="checkbox"/> TEMPO RUN 6K / 35-40MIN 4.5K INCREASED TEMPO RUN START 5:45 MIN/KM, END 5:00MIN/KM WITH 10MIN WARM UP AND 10MIN COOL DOWN | <input type="checkbox"/> RECOVERY RUN 4K / 20-25MIN WITH WARM UP AND COOL DOWN |
| FRIDAY | REST DAY | <input type="checkbox"/> BLACKROLL® RECOVERY YOUTUBE FULL BODY ROLLOUT 45MIN RECOVERY SESSION | REST DAY | <input type="checkbox"/> BLACKROLL® RECOVERY YOUTUBE LEGS AND HIPS 45MIN RECOVERY SESSION | REST DAY | <input type="checkbox"/> BLACKROLL® RECOVERY YOUTUBE UPPER BODY & BACK 45MIN RECOVERY SESSION | REST DAY |
| SATURDAY | <input type="checkbox"/> LONG RUN 8K / 45-50MIN WITH WARM UP AND COOL DOWN | <input type="checkbox"/> LONG RUN 9K / 45-50MIN WITH WARM UP AND COOL DOWN | <input type="checkbox"/> LONG RUN 10K / 50-55MIN WITH WARM UP AND COOL DOWN | <input type="checkbox"/> LONG RUN 12K / 60-65MIN WITH WARM UP AND COOL DOWN | <input type="checkbox"/> LONG RUN 8K / 45-50MIN WITH WARM UP AND COOL DOWN | REST DAY | <input type="checkbox"/> LONG RUN 8K / 45-50MIN WITH WARM UP AND COOL DOWN |
| SUNDAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | <input type="checkbox"/> RACE DAY ON THE ADIDAS RUNNING APP | REST DAY |

STAY UP TO DATE BY JOINING THE ADIDAS RUNNERS GLOBAL GROUP ON OUR ADIDAS RUNNING APP.

RUN AND TRAINING DESCRIPTION

| RUN TYPE | DISTANCE | DURATION | INTENSITY | COMMENT | APPLIES TO |
|--------------------------|--------------|-----------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| RECOVERY RUN | 4-8K | 20-40MIN | LOW | AIM FOR AN EASY CONVERSATIONAL PACE. | ALL LEVELS |
| LONG RUN | 6-15K | 40-80MIN | LOW TO MEDIUM | START EASY AND FINISH STRONG WITH A MEDIUM INTENSITY. GRADUALLY INCREASE THE DISTANCE THROUGHOUT THE PROGRAM. | ALL LEVELS |
| INTERVAL RUN | 3-8K | 20-45MIN | MEDIUM TO HIGH | ALTERNATING BETWEEN SHORT INTENSE RUNS AT A FAST PACE (ON) AND A SLOWER PACE (OFF). DURING THE PROGRAM, THE DISTANCE AND LENGTH OF INTERVAL WILL VARY. MAINTAIN A CONSISTENT PACE DURING EACH INTERVAL, OR SPEED UP TOWARDS THE END. | ALL LEVELS |
| TEMPO RUN | 3-8K | 20-45MIN | MEDIUM | MAINTAIN A STEADY MEDIUM EFFORT, SLIGHTLY SLOWER THAN RACE PACE. | ADVANCED |
| HILL SPRINTS | 3-6K | 20-40MIN | MEDIUM | INTERVAL TRAINING ON A LIGHT INCLINE. MAINTAIN A CONSISTENT PACE DURING EACH INTERVAL. | ADVANCED |
| WARM-UP RUN | 1-2K | 10MIN | LOW | EASY RUN BEFORE INTERVAL TRAINING, TEMPO RUN AND/OR HILL SPRINTS TO WARM UP YOUR MUSCLES AND CARDIOVASCULAR SYSTEM TO GET READY FOR HIGHER INTENSITY TRAINING. | ALL LEVELS |
| COOL-DOWN RUN | 1-2K | 10MIN | LOW | WALK OR JOG TO CALM THE CARDIOVASCULAR SYSTEM DOWN TO A NORMAL RANGE AND HELP THE MUSCLES AND BODY TO START RECOVERY. THIS SHOULD BE DONE AFTER ALL RUN TYPES. | ALL LEVELS |
| WARM-UP ROUTINE | - | 5-10MIN | LOW | WARM-UP EXERCISES TO HELP YOU TO ACTIVATE MUSCLES BEFORE GOING FOR A RECOVERY OR LONG RUN. BUILD THIS HABIT FROM THE EXERCISES PRESENTED TO YOU EVERY MONDAY. | ALL LEVELS |
| COOL-DOWN-STRETCH | - | 5-10MIN | LOW | LIGHT STRETCHING IS KEY AFTER EVERY FORM OF RUNNING. TRY TO IMPLEMENT 5-10MIN OF STRETCHING BEFORE ENDING YOUR RUNNING OR TRAINING SESSION. | ALL LEVELS |
| STRENGTH TRAINING | - | 45MIN | MEDIUM | WEEKLY STRENGTH PROGRAM TO BUILD UP STRENGTH AND PREVENT INJURY. FOCUS ON MOVEMENT QUALITY BEFORE INTENSITY. THESE SESSIONS WILL BE HOSTED ON THE ADIDAS RUNNING YOUTUBE ACCOUNT | ALL LEVELS |
| RECOVERY SESSION | - | 45MIN | LOW | BLACKROLL® RECOVERY SESSIONS TO IMPROVE RECOVERY, PREVENT INJURY AND UPSKILL RUNNERS TO IMPLEMENT NEW TOOLS AND ROUTINES. THESE SESSIONS WILL BE HOSTED ON THE ADIDAS RUNNING YOUTUBE ACCOUNT | ALL LEVELS |
| MOVEMENT LIBRARY | - | 10MIN | LOW | RECOMMENDED EXERCISES RENEWED EVERY WEEK TO IMPROVE SKILLS OF RUNNERS AND THEIR ROUTINES WHILST TRAINING. THESE SESSIONS WILL BE HOSTED ON THE ADIDAS RUNNING YOUTUBE ACCOUNT | ALL LEVELS |

