



# Intermediate Training Plan

This is an intermediate training plan for Powell Wellness Center's Rockwater Park 5K.

This training plan is designed for runners looking to improve their 5K time.

This plan begins on **April 10** and finishes with the **Rockwater Park 5K on June 4, 2022.**

## Do not start this program without your doctor's approval! A few tips:

### Listen to your body- If you are in pain, stop immediately!

A little soreness is normal, and to be expected, but if you feel that you are injured, please talk to your doctor. Pain that is occurring on one side of the body but not the other (e.g., pain in your left hip, but not your right), or pain that is of an intensity that you must stop what you are doing to address it, is a red flag.

### Be sure to warm up before you run, and stretch your muscles after you walk or run.

Walking is a great warmup for running. Dynamic stretching helps your muscles and joints prepare for the workout to come by increasing blood flow and lubricating your joints. Stretching afterwards helps your muscles recover, and can also reduce soreness afterwards. Stretching after exercise is also a great time to reflect on what you accomplished during your workout.

### Mix up your workouts and challenge yourself!

Run training shouldn't be all the same speed all the time; weekend long runs should be at an easier pace, while you push yourself during speed work. Different speed workouts will increase your cardio capacity and help you run your best 5K on race day; try timed speed and rest intervals like tabata, hill repeats, or less structured fartlek ("speed play") runs.

### Drink plenty of water before, during, and after each workout.

Hydration is extremely important for everyone, especially before, during, and after exercise. Water helps to regulate body temperature and blood pressure, and also aids in the distribution of essential energy nutrients.

Drink 17-20 ounces of water two hours before the start of exercise, 6-10 ounces every 10-20 minutes during exercise, and 16-24 ounces in the hour following exercise.

## These workouts aren't set in stone; rearrange them as needed to fit your schedule and allow for recovery after hard workouts.

Aim for at least three running workouts, two or three strength training sessions, and at least one full day of rest each week.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b> <i>April 10-16</i>	Rest	2 miles easy	Rest or Strength training	15 min. speed intervals	15-20 minutes walking /jogging	Rest or Strength training	3 miles
<b>Week 2</b> <i>April 17-23</i>	Rest	2 miles easy	Rest or Strength training	15 min. hill repeats	20-25 minutes walking /jogging	Rest or Strength training	3 miles
<b>Week 3</b> <i>April 24-30</i>	Rest	2.5 miles easy	Rest or Strength training	1.5 miles fartlek intervals	25-30 minutes walking /jogging	Rest or Strength training	3 miles at race pace
<b>Week 4</b> <i>May 1-7</i>	Rest	2.5 miles easy	Rest or Strength training	20 min. speed intervals	30-35 minutes walking /jogging	Rest or Strength training	4 miles
<b>Week 5</b> <i>May 8-14</i>	Rest	3 miles easy	Rest or Strength training	25 min. hill repeats	35-40 minutes walking /jogging	Rest or Strength training	4 miles
<b>Week 6</b> <i>May 15-21</i>	Rest	3 miles easy	Rest or Strength training	2.5 miles fartlek intervals	40-45 minutes walking /jogging	Rest or Strength training	3 miles at race pace
<b>Week 7</b> <i>May 22-28</i>	Rest	3 miles easy	Rest or Strength training	25 min. speed intervals	45-50 minutes walking /jogging	Rest or Strength training	4 miles
<b>Week 8</b> <i>May 29- June 4</i>	Rest	2 miles easy	Rest or Strength training	30 minutes walking/jogging	35-40 minutes walking /jogging	Rest or Easy walk (30 minutes)	Rockwater Park 5K!

### Suggested bodyweight strength training program to complement your 5K training program:

2-3 sets of 8-10 repetitions: Bodyweight squats or stability ball wall squats \* Hip bridges \* Calf raises \* Supine dead bugs \* Pushups (regular or modified)

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