



DASH YOUR WAY TO A 5K

INTERMEDIATE
RUNNERS

SATURDAY, SEPTEMBER 26, 2015
WWW.PBRC.EDU/DOCSDASH

Week

1

Day 1: _____
Duration: 30 min
Activity: Easy run
Warm up walk, 5 min
Run or walk for 15 min (easy pace)
Cool-down, 5-10 min
Stretch

Day 2: _____
Duration: 30 min
Activity: Intervals
Warm up walk, 5 min
Repeat 4x:
Run for 2 min (easy pace)
Recovery jog, 1 min
Cool down, 5-10 min
Stretch

Day 3: _____
Duration: 40 min
Activity: Long run
Warm up walk, 5 min
Run 2.5 miles (easy pace)
Cool down, 5-10 min
Stretch

Week

5

Day 1: _____
Duration: 40 min
Activity: Easy run
Warm up walk, 5 min
Run, 25 min (easy pace)
Cool down, 5-10 min
Stretch

Day 2: _____
Duration: 40 min
Activity: Intervals
Warm up walk, 5 min
Repeat 4x:
Run, 5 min (fast pace)
Recovery jog, 2 min
Cool down 5-10 min
Stretch

Day 3: _____
Duration: 55 min
Activity: Long run
Warm up walk, 5 min
Run, 4.0 miles (easy pace)
Cool down, 5-10 min
Stretch

Week

2

Day 1: _____
Duration: 30 min
Activity: Easy run
Warm up walk, 5 min
Run, 15 minutes (easy pace)
Cool down, 5-10 min
Stretch

Day 2: _____
Duration: 35 min
Activity: Intervals
Warm up walk, 5 min
Repeat 4x:
Run for 3 min (easy pace)
Recovery jog, 1 min
Cool down, 5-10 min
Stretch

Day 3: _____
Duration: 45 min
Activity: Long run
Warm up walk, 5 min
Run, 3 miles (easy pace)
Cool down, 5-10 min
Stretch

Week

6

Day 1: _____
Duration: 50 min
Activity: Easy run
Warm up walk, 5 min
Run, 25 min (easy pace)
Cool down, 5-10 min
Stretch

Day 2: _____
Duration: 55 min
Activity: Intervals
Warm up walk, 5 min
Repeat 4x:
Run, 6 min (fast pace)
Recovery jog, 2 min
Cool down 5-10 min
Stretch

Day 3: _____
Duration: 55 min
Activity: Long run
Warm up walk, 5 min
Run, 4.0 miles (easy pace)
Cool down, 5-10 min
Stretch

Week

3

Day 1: _____
Duration: 35 min
Activity: Easy run
Warm up walk, 5 min
Run, 20 min (easy pace)
Cool down, 5-10 min
Stretch

Day 2: _____
Duration: 30 min
Activity: Intervals
Warm up walk, 5 min
Repeat 4x:
Run, 3 min (fast pace)
Recovery jog, 2 min
Cool down 5-10 min
Stretch

Day 3: _____
Duration: 50 min
Activity: Long run
Warm up walk, 5 min
Run, 3.5 miles (easy pace)
Cool down, 5-10 min
Stretch

Week

7

Day 1: _____
Duration: 55 min
Activity: Easy run
Warm up walk, 5 min
Run, 30 min (easy pace)
Cool down, 5-10 min
Stretch

Day 2: _____
Duration: 60 min
Activity: Intervals
Warm up walk, 5 min
Repeat 4x:
Run, 5 min (fast pace)
Recovery jog, 2 min
Cool down 5-10 min
Stretch

Day 3: _____
Duration: 45 min
Activity: Long run
Warm up walk, 5 min
Run, 3.0 miles (easy pace)
Cool down, 5-10 min
Stretch

Week

4

Day 1: _____
Duration: 35 min
Activity: Easy run
Warm up walk, 5 min
Run, 20 min (easy pace)
Cool down, 5-10 min
Stretch

Day 2: _____
Duration: 40 min
Activity: Intervals
Warm up walk, 5 min
Repeat 4x:
Run, 4 min (fast pace)
Recovery jog, 2 min
Cool down 5-10 min

Day 3: _____
Duration: 50 min
Activity: Long run
Warm up walk, 5 min
Run, 3.5 miles (easy pace)
Cool down, 5-10 min
Stretch

Week

8

Day 1: _____
Duration: 45 min
Activity: Easy run
Warm up walk, 5 min
Run, 30 min (easy pace)
Cool down, 5-10 min
Stretch

Day 2: _____
Duration: 25 min
Activity: Recovery run
Warm up walk, 5 min
Run, 10 min (easy pace)
Cool down, 5-10 min
Stretch

Day 3:
Saturday, Sept 26th
Activity:
RACE DAY!
Run 3.1 miles!