



RUN · INTERMEDIATE

Intermediate 5K



8-Week Intermediate 5K Training Plan

Sharpen your 5K speed with threshold and VO2 max work.

EVENT

5K

LEVEL

Intermediate

LENGTH

8 weeks

DAYS / WEEK

5



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 8 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Recovery Run	30 min
30 min continuous		
Wed	Easy Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Easy Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Long Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Recovery Run	30 min
30 min continuous		
Wed	Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Long Run	68 min
58 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BUILD

Mon Recovery Run 30 min
30 min continuous

Wed Threshold Intervals 48 min
4 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Thu Easy Run 35 min
25 min continuous · 5 min warm-up · 5 min
cool-down

Fri VO2max Intervals 45 min
5 × (3 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Sun Long Run 68 min
58 min continuous · 5 min warm-up · 5 min
cool-down

Week 4

BUILD

Mon Recovery Run 30 min
30 min continuous

Wed Threshold Intervals 34 min
2 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Thu Easy Run 36 min
26 min continuous · 5 min warm-up · 5 min
cool-down

Fri VO2max Intervals 40 min
4 × (3 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Sun Long Run 61 min
51 min continuous · 5 min warm-up · 5 min
cool-down

Week 5

BUILD

Mon Recovery Run 30 min
30 min continuous

Wed Threshold Intervals 55 min
5 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Thu Easy Run 35 min
25 min continuous · 5 min warm-up · 5 min
cool-down

Fri VO2max Intervals 45 min
5 × (3 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Sun Long Run 81 min
71 min continuous · 5 min warm-up · 5 min
cool-down

Week 6

BUILD

Mon Recovery Run 30 min
30 min continuous

Wed Threshold Intervals 55 min
5 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Thu Easy Run 45 min
35 min continuous · 5 min warm-up · 5 min
cool-down

Fri VO2max Intervals 45 min
5 × (3 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Sun Long Run 90 min
80 min continuous · 5 min warm-up · 5 min
cool-down

Week 7

PEAK

Mon	Recovery Run 30 min continuous	30 min
Wed	VO2max Intervals 5 x (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	45 min
Thu	Easy Run 30 min continuous · 5 min warm-up · 5 min cool-down	40 min
Fri	Threshold Intervals 4 x (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Sun	Long Run 66 min continuous · 5 min warm-up · 5 min cool-down	76 min

Week 8

RACE WEEK

Mon	Recovery Run 30 min continuous	30 min
Wed	Base Run with Strides 1 x 11 min with recoveries · 5 min warm-up · 5 min cool-down	25 min
Thu	Recovery Run 30 min continuous	30 min
Fri	Recovery Run 30 min continuous	30 min
Sun	Race Day: Run RACE 30 min continuous	30 min