NIKE+ RUNNING APP
5K INTERMEDIATE
The journey to your next race begins here. To ease you into your first week, we’ll keep things light with only 3 run days. Take it slow and make sure you complete all your workouts.

### WEEK 1 / DAY 1
**Cross-Train**

Today’s your first day of cross-training. Cross-training makes sure you’re not continuously exercising the same muscle groups and minimizes your risk of injury. Go for a bike ride or a swim.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout.

### WEEK 1 / DAY 2
**Rest**

Take today to rest up for your next run day. You’re halfway through the week.

1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow’s run.

### WEEK 1 / DAY 3
**3 mi**

To maintain the fitness you’re building, put in another 3 mi today and get loose for your first long run tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

### WEEK 1 / DAY 4
**4 mi**

Today’s your first run. Take your time and don’t focus on your pace. It’s the distance that counts.

1. Run 4 mi at an easy, comfortable pace.

### WEEK 1 / DAY 5
**Rest**

Take today off to let your muscles recover and get ready for the next week of training.

1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow’s run.
WEEK 2/8: BUILD A BASE
4 RUNS  13 MILES

This week you’ll increase your distance to build a base for the rest of your training. That way your body will be ready when you really start to push your limits in upcoming weeks. You’ll also continue to mix your run days with walks, cross-training and plenty of rest.

WEEK 2 / DAY 6
To start off this week, go out and hit 3 mi. Today’s run will prep you for your next 3 mi tomorrow.
1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

WEEK 2 / DAY 7
Today you’re running another 3 mi, but this time, add in some fartleks once you’ve gone through your warm-up.
1. Start with a 1 mi warm-up.
2. Try a fartlek. Alternate between a faster pace and a slower pace. Run 4 minutes at a faster pace, then run 1 minute at a slower pace. Keep it going.
3. Finish the last 0.5 mi with a light cool-down.

WEEK 2 / DAY 8
Cross-Train
Today and tomorrow are both cross-training days. Take the opportunity to work out some new muscle groups or do some good core-workouts. Try a new form of cross-training today like basketball or go for a bike ride.
1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout.

WEEK 2 / DAY 9
Cross-Train
Today’s your second day of cross-training. Try a new type of cross-training today and get ready for your next run tomorrow. Today, try going for a swim or doing some yoga.
1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout.

WEEK 2 / DAY 10
3 mi
Maintain your fitness with today’s 3 mi. You’re almost through the week.
1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

WEEK 2 / DAY 11
4 mi
Time for this week’s long run. Hit these 4 mi at a comfortable pace, and look forward to your rest day tomorrow.
1. Run 4 mi at an easy, comfortable pace.

WEEK 2 / DAY 12
Rest
Rest up today and take it easy. Next week awaits.
1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow’s run.
This week you're going to continue building strength by increasing your distance and introducing a new run-type called an “interval” run. You'll also go on your longest run yet and add in cross-training to strengthen your fitness.

**WEEK 3 / DAY 13**

To kick off this week of training, maintain your fitness with this short 3 mi and get ready for a new type of run day tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 3 / DAY 14**

Today you'll try out running “intervals,” a speed and endurance-building workout that'll push your pace throughout your run.

1. Start with a 1 mi warm-up.
2. Try an interval run. Run 0.75 mi at a faster pace.
3. Run 0.25 mi at a slower pace.
4. Run 0.75 mi at a faster pace.
5. Finish the last 1 mi with a light cool-down.

**WEEK 3 / DAY 15**

Maintain your fitness and slow down to conserve your energy for the rest of the week.

1. Run 3 mi at an easy, comfortable pace.

**WEEK 3 / DAY 16**

Today's your cross-training day. Work out some different muscle groups than you normally do and get ready for another run tomorrow. Try doing some core-strengthening exercises or a Nike Training Club workout.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout.

**WEEK 3 / DAY 17**

Get this light run done today and stay loose for your long run tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 3 / DAY 18**

Today's your longest run of the week. Put in 5 mi at a pace that works for you.

1. Run 5 mi at an easy, comfortable pace.

**WEEK 3 / DAY 19**

You pushed through. Now rest up.

1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow's run.
This week you’ll take on a practice race and lower your distance so you’re fully rested for your next week of training.

**WEEK 4/8: UP THE ANTE**

5 RUNS  16 MILES

**WEEK 4 / DAY 20**

Kick off this week with a 3 mi run. Push yourself to pick up the pace for the last leg.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 4 / DAY 21**

Today you’ll work on your speed by adding in fartleks to this 4 mi run.

1. Start with a 1 mi warm-up.
2. Try a fartlek. Alternate between a faster pace and a slower pace. Run 4 minutes at a faster pace, then run 1 minute at a slower pace. Keep it going.
3. Finish the last 0.5 mi with a light cool-down.

**WEEK 4 / DAY 22**

Hit 3 mi today, but take your time. Maintain your fitness and enjoy a much-needed rest day tomorrow.

1. Run 3 mi at an easy, comfortable pace.

**WEEK 4 / DAY 23**

Rest up and get ready for your practice race coming up.

1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow’s run.

**WEEK 4 / DAY 24**

Tomorrow is your practice race, so today you’ll do just a light run to get you loosened up and ready for tomorrow.

1. Start with a 1 mi warm-up.
2. Run your strides for 0.5 mi.
3. Finish the last 0.5 mi with a light cool-down.

**WEEK 4 / DAY 25**

Today’s your practice race day. Get a feel for your 5K race pace and what it feels like to really push it.

1. Start with a 1 mi warm-up.
2. Run 2 mi at a controlled, race pace.
3. Push yourself for the last 1.1 mi at a faster, challenging pace.

**WEEK 4 / DAY 26**

Take the day off and rest up for another week of training.

1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow’s run.
WEEK 5/8: TEST YOUR LIMITS
4 RUNS    14 MILES

This week maintain your fitness with a variety of runs, cross-training, and rest to get you ready for the next weeks of training.

WEEK 5 / DAY 27
Rest

Today, take another rest day today and get ready for tomorrow's run.

1. Enjoy your day off. Take a brisk walk and stay fresh for tomorrow's run.

WEEK 5 / DAY 28
3 mi

Get into your running groove with a 3 mi run. This is your first of 3, 3 mi workouts this week.

1. Run 3 mi at an easy, comfortable pace.

WEEK 5 / DAY 29
3 mi

Today, maintain your fitness with a 3 mi run. This time, up your pace for the last leg.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

WEEK 5 / DAY 30
Cross-Train

You're halfway through the week. Round out your week with a day of cross-training. Try getting on the elliptical or going for a swim.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout.

WEEK 5 / DAY 31
3 mi

Get a 3 mi run in today so you're all stretched out and ready for your long run tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

WEEK 5 / DAY 32
5 mi

This 5 mi is a great warm-up for your next, and most challenging week of training, Peak Week.

1. Run 5 mi at an easy, comfortable pace.

WEEK 5 / DAY 33
Rest

You've completed the week. With Peak Week starting tomorrow, rest up today and get ready for the most active week of your program.

1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow's run.
Welcome to Peak Week. The most challenging week of your training. You’ll reach a new high distance this week, and test your limits in new ways. You’ll also try out a new run-type called a “progression” run and take on your longest run yet.

### WEEK 6/8: PEAK WEEK
5 RUNS  19 MILES

<table>
<thead>
<tr>
<th>WEEK 6 / DAY 34</th>
<th>WEEK 6 / DAY 35</th>
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</thead>
<tbody>
<tr>
<td><strong>5k</strong> 3 mi</td>
<td><strong>5k</strong> 4 mi</td>
</tr>
<tr>
<td>Start off Peak Week with this 3 mi to maintain fitness and get you ready for your “progression” run tomorrow.</td>
<td>Today we’ll be trying out a new type of run called a “progression” run that’ll push you to increase your pace as the run goes on.</td>
</tr>
<tr>
<td>1. Run 2 mi at an easy, comfortable pace.</td>
<td>1. Start with a 1 mi warm-up.</td>
</tr>
<tr>
<td>2. Finish the last 1 mi at a faster pace.</td>
<td>2. Try doing a progression run. Increase your pace as the run continues. Your last leg should be your hardest. Keep it going for 2.5 mi.</td>
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<td>3. Finish the last 0.5 mi with a light cool-down.</td>
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<table>
<thead>
<tr>
<th>WEEK 6 / DAY 36</th>
<th>WEEK 6 / DAY 37</th>
<th>WEEK 6 / DAY 38</th>
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<tbody>
<tr>
<td><strong>5k</strong> 3 mi</td>
<td><strong>5k</strong> Cross-Train</td>
<td><strong>5k</strong> 3 mi</td>
</tr>
<tr>
<td>Get through this 3 mi recovery run today at your own pace.</td>
<td>It’s time to switch things up and add some cross-training to the mix. Try a rowing workout and keep things light for tomorrow’s run.</td>
<td>Today, maintain your fitness with a quick 3 mi run, and get ready for the longest run of your training program tomorrow.</td>
</tr>
<tr>
<td>1. Run 3 mi at an easy, comfortable pace.</td>
<td>1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout.</td>
<td>1. Run 2 mi at an easy, comfortable pace.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Finish the last 1 mi at a faster pace.</td>
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</tbody>
</table>

<table>
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<tr>
<th>WEEK 6 / DAY 39</th>
<th>WEEK 6 / DAY 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5k</strong> 6 mi</td>
<td><strong>5k</strong> Rest</td>
</tr>
<tr>
<td>You’ve reached the longest run of your training program. Take your time and hit all 6 mi.</td>
<td>Take today off. Your body needs all the rest it can get as you get closer to Race Week.</td>
</tr>
<tr>
<td>1. Run 6 mi at an easy, comfortable pace.</td>
<td>1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow’s run.</td>
</tr>
</tbody>
</table>
Taper Week. Although you're running the same distance this week, you're lowering your week's long-run distance and not doing any more new run-types. This week, your goal is to maintain the fitness you built up during Peak Week, and rest up properly for Race Week.

**WEEK 7 / DAY 41**

3 mi

Run this 3 mi and pick up the pace towards the finish. This'll get you loosed up for your longer run tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 7 / DAY 42**

6 mi

This is your first of 2, 5 mi runs this week. Today, you'll add in fartleks as you go to continue building strength and speed.

1. Start with a 1 mi warm-up.
2. Try a fartlek. Alternate between a faster pace and a slower pace. Run 4 minutes at a faster pace, then run 1 minute at a slower pace. Keep it going
3. Finish the last 0.5 mi with a light cool-down.

**WEEK 7 / DAY 43**

3 mi

Today, take down a 3 mi run. Take your time today and keep things light.

1. Run 3 mi at an easy, comfortable pace.

**WEEK 7 / DAY 44**

Cross-Train

With Race Week just around the corner, today you'll work some new muscle groups with some cross-training. Go for a swim or hop on the stair-climber and keep things light. Keeping you injury-free, a natural Benefit of cross-training, is perhaps the most important factor going into Race Week.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout.

**WEEK 7 / DAY 45**

3 mi

Today, get back out there and maintain the fitness you've built up. A short 3 mi will also get you loose for your second 3 mi of the week tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 7 / DAY 46**

5 mi

Today's a 5 mi run. Be sure to take it slow and conserve your energy. Get this run done and get excited for Race Week.

1. Run 5 mi at an easy, comfortable pace.

**WEEK 7 / DAY 47**

Rest

Taper Week, done. Race Week, coming right up. Take today to rest up and let your body recover for Race Week.

1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow's run.
Race Week. It’s finally here. You made it, and now it’s time to run your first 5K race. You’ll lower your weekly distance to make sure you’re fully rested, and add in some workouts to help you practice your race pace and keep you loose for race day.

**WEEK 8/8: RACE WEEK**

**5 RUNS 15 MILES**

**WEEK 8 / DAY 48**

To start off Race Week, hit these 3 mi today, and really push the pace on the final stretch. It’ll get you in the zone for tomorrow’s speed workout.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 8 / DAY 49**

To get you race-ready, today you’ll practice running your race pace in intervals. Run the faster intervals at your 5K race pace, and slow down to recover on the slower intervals.

1. Start with a 1 mi warm-up.
2. Try an interval run. Run 0.75 mi at a faster pace.
3. Keep it going at a slower pace for 0.25 mi.
4. Run 0.75 mi at a faster pace.
5. Finish the last 1 mi with a light cool-down.

**WEEK 8 / DAY 50**

Shake things out from yesterday’s speed workout and maintain your fitness with a short 3 mi run.

1. Run 3 mi at an easy, comfortable pace.

**WEEK 8 / DAY 51**

To make sure you’re fully rested for race day, take today off to let your muscles recover. Getting enough rest is key to your performance in the race.

1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for the day after tomorrow’s run.

**WEEK 8 / DAY 52**

Today, take an extra day off as you close in on race day. Stretch out and stay hydrated. Tomorrow is your final run before race day.

1. Enjoy your day off. Take a brisk walk, get in some good stretching, and stay fresh for tomorrow’s run.

**WEEK 8 / DAY 53**

The big day is tomorrow. So today, keep your workout light with a short 2 mi run to get you warmed up for race day.

1. Start with a 1 mi warm-up.
2. Run your strides for 0.5 mi.
3. Finish the last 0.5 mi with a light cool-down.

**WEEK 8 / DAY 54**

Race day. All that training. All for this. Congratulations on making it. Now get out there and show off all your hard work. Your new PR is only 3.1 mi away.

1. Hit your stride and focus on running negative splits.