



2018 Suffolk County Marathon Intermediate 5k Training Program



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross Train or Rest	3 Miles Easy Run	1 Mile WU 10x1 Min@5k Pace 2 Min Easy Jog 1 Mile CD	Cross Train	3 Miles Easy Run	Rest	Long Run 5 Miles at Moderate Pace
2	Cross Train or Rest	3 Miles Easy Run	1 Mile WU 10x2 Min@10k Pace 1 Min Easy Jog 1 Mile CD	Cross Train	3 Miles Easy Run	Rest	Long Run 5 Miles at Relaxed Effort
3	Cross Train or Rest	4 Miles Easy Run	1 Mile WU 8x400 @ 5k Pace 90 sec Rest 1 Mile CD	Cross Train	3 Miles Easy Run	Rest	Long Run 6-7 Miles at Moderate Pace
4	Cross Train or Rest	4 Miles Easy Run	1 Mile WU 5x800 @ 10k Pace 2 Min Rest 1 Mile CD	Cross Train	4 Miles Easy Run	Rest	Long Run 7 Miles at Relaxed Effort
5	Cross Train or Rest	4 Miles Easy Run	1 Mile WU 6x3 Min@10k Pace 2 Min Easy Jog 1 Mile CD	Cross Train	4 Miles Easy Run	Rest	Long Run 7 Miles at Moderate Pace
6	Cross Train or Rest	3 Miles Easy Run	1 Mile WU 10x400 @ 5k Pace 2 Min Rest 1 Mile CD	Cross Train	Rest	20 Minute Very Easy Run	Suffolk County Marathon 5k Race

Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.

For more information-www.sayvillerunning.com/pages/training

Contact - Mike.Petrina@SayvilleRunning.com