# Beginning Running Class at the Greenway
# Intermediate 5K Plan

| Week | Week Of: | MON | TUES | WED | THUR | FRI | SAT | SUN | Weekly Mileage |
|---|---|---|---|---|---|---|---|---|---|
| 1 | 19-Mar | 2.0 | 0.0 | 2.0 | **2.0** | 0.0 | 2.0 | 0.0 | **8.0** |
| 2 | 26-Mar | 2.0 | 0.0 | 2.0 | **2.0** | 0.0 | 2.0 | 0.0 | **8.0** |
| 3 | 2-Apr | 2.5 | 0.0 | 2.5 | **2.5** | 0.0 | 2.5 | 0.0 | **10.0** |
| 4 | 9-Apr | 2.5 | 0.0 | 2.5 | **2.5** | 0.0 | 2.5 | 0.0 | **10.0** |
| 5 | 16-Apr | 3.0 | 0.0 | 3.0 | **3.0** | 0.0 | 3.0 | 0.0 | **12.0** |
| 6 | 23-Apr | 3.0 | 0.0 | 3.0 | **3.0** | 0.0 | 3.0 | 0.0 | **12.0** |
| 7 | 30-Apr | 3.0 | 0.0 | 3.0 | **3.0** | 0.0 | 3.0 | 0.0 | **12.0** |
| 8 | 2-May | 3.0 | 0.0 | 3.0 | **3.0** | 0.0 | **5K Race** | 0.0 | **12.1** |

## MY RUNNING LOG

| Week | Dates | MON | TUES | WED | THUR | FRI | SAT | SUN | Weekly Mileage |
|---|---|---|---|---|---|---|---|---|---|
| 1 | 19-Mar | | | | | | | | |
| 2 | 26-Mar | | | | | | | | |
| 3 | 2-Apr | | | | | | | | |
| 4 | 9-Apr | | | | | | | | |
| 5 | 16-Apr | | | | | | | | |
| 6 | 23-Apr | | | | | | | | |
| 7 | 30-Apr | | | | | | | | |
| 8 | 2-May | | | | | | | | |