



**INTERMEDIATE RUNNING
PROGRAM**



**FORT COLLINS RUNNING CLUB
RUNNING U**

Are you an experienced runner looking to improve your 5K performance or personal record (PR)? This intermediate schedule is for anyone who has run a few races and wants to work on improving their PR.

The program is built around two weekly track/speed workouts and a gradually increasing mileage base. Outside of track and tempo workouts, your mileage should be run at a generally comfortable effort. The goal is to always get to your workouts feeling ready and 'rested'. It is your workouts that are going to lead to the biggest gains in performance, so while you want to make sure you are focused on maintaining and growing your mileage base, you don't have to push the effort on your regular weekday and weekend runs.



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WEEK	DATE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0	4/26-5/2							40 min E
1	5/3 - 5/9	Rest or 30 min E	30 min E	Track Workout #1 or TNT	Rest or 30 min E	Tempo Run #1	Rest	50 min E
2	5/10 - 5/16	Rest or 30 min E	30 min E	Track Workout #2 or TNT	Rest or 30 min E	Tempo Run #1	Rest	60 min E
3	5/17 - 5/23	Rest or 30 min E	40 min E	Track Workout #3 or TNT	Rest or 30 min E	Tempo Run #2	Rest	40 min E
4	5/24 - 5/30	Rest or 30 min E	30 min E	Track Workout #4 or TNT	Rest or 30 min E	Tempo Run #1	Rest	50 min E
5	5/31 - 6/6	Rest or 30 min E	40 min E	Track Workout #5 or TNT	Rest or 30 min E	Tempo Run #2	Rest	60 min E
6	6/7 - 6/13	Rest or 30 min E	40 min E	Track Workout #6 or TNT	Rest or 30 min E	Tempo Run #3	Rest	70 min E
7	6/14 - 6/20	Rest or 30 min E	40 min E	Track Workout #7 or TNT	Rest or 30 min E	Tempo Run #3	Rest	60 min E
8	6/21 - 6/27	Rest or 30 min E	30 min E	Track Workout #8 or TNT	Rest or 30 min E	Tempo Run #2	Rest	30 min E
9	6/28 - 7/4	Rest	30 min E	30 min E	30 min E	20 mine E	Rest	RACE DAY



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A few pointers:

- Your 200/400-meter repeats should be performed at **R** (repetition) pace, an effort (and time) that you can sustain for the full set. A good rule of thumb for determining **R** pace is to use your time for a solid 800m effort. You always want to leave enough in the tank to be able to run the last repetition as fast as the first couple, but these are meant as hard efforts so don't leave too much in the tank. You should feel controlled, maintaining good form, but you are working hard. These workouts are designed to improve your turnover and top end speed. Always give yourself roughly 1 mile (1600m or 4 laps) of easy running to warm up before a workout and preferably the same distance to cool down after.
- Your 1K intervals should be run at **I** pace, which is roughly your current 5k pace or a little faster. These should not be run at your **R** pace, but should still feel tough. Give yourself 2-3 minutes of very easy jogging (or walking) between each interval. These workouts are designed to improve maximal oxygen uptake and get you comfortable and efficient working at 5K effort.
- Tempo runs should be run at **T** (threshold) pace, which is slower than your 5K race pace but faster than **E** (easy) pace. These efforts should feel “comfortably hard”, or another way to think of it is the fastest pace you feel you could maintain for a 1 hour effort. Tempo runs are intended to improve your body's ability to process lactic acid, so getting the workout intensity correct is important. If you need help determining your **T** pace, please ask!
- All other runs in the program, including the Sunday long run, should be done at **E** intensity, which is an easy conversational pace. The goal of these runs is to improve your aerobic base without incurring the heavy eccentric muscle loading associated with running at **I** and **R** intensities.
- Try to find a 5K or shorter race mid-cycle to gauge your current fitness level and as a means of setting a goal for the Firecracker. You can also use the race to readjust your workout efforts and also experiment with race pacing and execution.

Questions? Email us at info@fortcollinsrunningclub.org



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Intermediate Track Workouts:

- 1: 1600m E + 2x800m I w/400m walk/jog + 1600m E
- 2: 1600m E + 3x800m I w/400m walk/jog + 1600m E
- 3: 1600m E + 4x800m I w/400m walk/jog + 1600m E
- 4: 1600m E + 4x800m I w/200m walk/jog + 1600m E
- 5: 1600m E + 4x200m R w/200m walk/jog + 2x400m R w/400m walk/jog + 1600m E
- 6: 1600m E + 4x400m R w/400m walk/jog + 1600m E
- 7: 1600m E + 2 sets (2x200m R w/200m walk/ jog + 400m R w/400m walk/jog + 2x200m R w/200m walk/jog) + 1600m E
- 8: 1600m E + 6x200m R w/200m walk/jog + 1600m E

Tempo Run Workouts:

- #1: 10 min E + 2x5 min T w/2 min walk/jog + 10 min E (30 minutes total running)
- #2: 10 min E + 2x10 min T w/2 min walk/jog + 10 min E (40 minutes total running)
- #3: 10 min E + 2x15 min T w/2 min walk/jog + 10 min E (50 minutes total running)

Notes:

- If you prefer to do track workouts in a group setting, you may want to consider joining the Tuesday Night Track (TNT) group which meets on Tuesday evenings at 6:00 pm, usually at a local high school track during the summer. Find more information on their FCRC [TNT page](#).
- The tracks at Fort Collins High School, Fossil Ridge High School and Poudre High School are now open to the public. Please be mindful of other users as these facilities will be used throughout the summer for various sports camps.

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