



### 2019 Suffolk County Marathon Intermediate 5k Training Program



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
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	<b>Suffolk County Marathon 5k Race</b>

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

For more information-[www.sayvillerunning.com/pages/training](http://www.sayvillerunning.com/pages/training)

Contact - [Mike.Petrina@SayvilleRunning.com](mailto:Mike.Petrina@SayvilleRunning.com)