



Cardiff and Vale College
Coleg Caerdydd a'r Fro

Health & Active Well-being Intermediate 5km programme

A 12-week plan designed for individuals already with a good level of general fitness, who may already do a small amount of running or participate in other forms of physical exercise. Also for those who have completed the beginner couch to 5km programme.



Week 1

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Session 1

**Run 1min, walk 1min.
Repeat 10 times
Total = 20mins**
*Running effort should be moderate, but sustainable for all of the efforts.

Session 2

**2 x 1mile run, 1mile
brisk walk or slow jog
Total = 4miles**
*Run at a comfortable effort, you should be able to hold a conversation.

Session 3

20mins jogging
*A comfortable pace you can easily sustain.
* Record the distance you cover.

Week 2

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Session 1	Session 2	Session 3
<p>Run 1min, Walk 1min. Repeat 15 times Total = 30mins</p> <p>*Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>2mile run, 1mile slow jog, 1mile run, 1mile slow jog Total = 5miles</p> <p>*Run at a comfortable effort, you should be able to hold a conversation.</p>	<p>20mins jogging</p> <p>*A comfortable pace you can easily sustain. * Record the distance you cover.</p>

Week 3



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Session 1	Session 2	Session 3
<p>Run 1min, walk 30secs. Repeat 15 times Total = 22:30mins *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>3 x 1mile run, 1mile slow jog Total = 6miles *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p>25mins jogging *A comfortable pace you can easily sustain. * Record the distance you cover.</p>

Week 4



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Session 1	Session 2	Session 3
<p>Run 1min, walk 30secs. Repeat 20 times Total = 30mins *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>TIME TRIAL: 1mile slow jog as warm-up, 1mile fast run, 1mile slow jog Total = 3miles *Run at a challenging pace, you should just be able to sustain the pace for 1mile effort. * Record your time for the 1mile run.</p>	<p>25mins jogging *A comfortable pace you can easily sustain. * Record the distance you cover.</p>

Week 5



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Session 1	Session 2	Session 3
<p>Run 2mins, walk 1min. Repeat 10 times Total = 30mins *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>Run 2miles, jog 1mile, Run 2miles Total = 5miles *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p>30mins jogging *A comfortable pace you can easily sustain. * Record the distance you cover.</p>

Week 6

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Session 1

**Run 3mins, walk 2min.
Repeat 6 times
Total = 30mins**
*Running effort should be moderate, but sustainable for all of the efforts.

Session 2

Run/Walk lamppost intervals 25mins
*Run from 1 lamppost to the next, then walk to the next lamppost. And repeat for 25mins.
*Running should be at a moderate-to-difficult effort.
*The walking is recovery, so take it easy.
*Doesn't have to be lampposts, can be any sort of landmark, trees, parked cars, road signs, junctions, etc...

Session 3

30mins jogging
*A comfortable pace you can easily sustain.
* Record the distance you cover.

Week 7



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Session 1	Session 2	Session 3
<p>Run 3mins, walk 1min. Repeat 7 times Total = 28mins *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>Run 3miles, jog 1mile, Run 2miles Total = 6miles *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p>35mins jogging *A comfortable pace you can easily sustain. * Record the distance you cover.</p>

Week 8

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Session 1	Session 2	Session 3
<p>Run 5mins, walk 1min. Repeat 5 times Total = 30mins</p> <p>*Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>TIME TRIAL: 1mile slow jog as warm-up, 2mile fast run, 1mile slow jog Total = 4miles</p> <p>*Run at a challenging pace, you should just be able to sustain the pace for 2mile effort.</p> <p>* Record your time for the 2mile run.</p>	<p>35mins jogging</p> <p>*A comfortable pace you can easily sustain.</p> <p>* Record the distance you cover.</p>

Week 9



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Session 1	Session 2	Session 3
<p>Run 4mins, walk 1min. Repeat 7 times Total = 35mins *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>Run 3miles, jog 1mile, run 3miles Total = 7miles *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p>40mins jogging *A comfortable pace you can easily sustain. * Record the distance you cover.</p>

Week 10



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Session 1	Session 2	Session 3
<p>Run 7mins, walk 1min. Repeat 4 times Total = 32mins *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>Run/Walk lamppost intervals 30mins *Run from 1 lamppost to the next, then walk to the next lamppost. And repeat for 30mins. *Running should be at a moderate-to-difficult effort, *The walking is recovery, so take it easy. *Doesn't have to be lampposts, can be any sort of landmark, trees, parked cars, road signs, junctions, etc...</p>	<p>40mins jogging *A comfortable pace you can easily sustain. * Record the distance you cover.</p>

Week 11



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Session 1	Session 2	Session 3
<p>Run 8mins, walk 90secs. Repeat 4 times Total = 38mins *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>Run 3miles, jog half-mile, run 2miles, jog half-mile, run 1mile Total = 7miles *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p>45mins jogging *A comfortable pace you can easily sustain. * Record the distance you cover.</p>

Week 12



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Session 1	Session 2	Session 3
<p>Run 10mins, walk 90secs. Repeat 3 times Total = 34:30mins *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p>Jog 1mile, run 4miles, jog 1mile Total = 6miles *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p>TIME TRIAL: 1mile slow jog as warm-up, 5km fast run (3.1miles), 1mile slow jog Total = 5miles *Run at a challenging pace, you should just be able to sustain the pace for 5km effort. * Record your time for the 5km run.</p>



Congratulations!!!

You have completed the CAVC intermediate 5km programme!

Continue to progress your running by setting yourself goals and targets. Whether that's entering a race, aiming to run a certain distance or time, or joining a running group or club.

Don't let this be the end of your running and fitness journey!
Continue your improvements, not only in running, but your physical and mental health & well-being too !!!

Please contact health and active well-being officer, Adam Bull,
for further information, guidance and support on continuing your
running journey.

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