



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><b>Run 1min, Walk 1min. Repeat 15 times Total = 30mins</b></p> <p>*Running effort should be moderate, but sustainable for all of the efforts.</p>	<p><b>2mile run, 1mile slow jog, 1mile run, 1mile slow jog Total = 5miles</b></p> <p>*Run at a comfortable effort, you should be able to hold a conversation.</p>	<p><b>20mins jogging</b></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><b>Run 1min, walk 30secs.</b> <b>Repeat 15 times</b> <b>Total = 22:30mins</b> <b>*Running effort should be moderate, but sustainable for all of the efforts.</b></p>	<p><b>3 x 1mile run, 1mile slow jog</b> <b>Total = 6miles</b> <b>*Run at a comfortable effort, you should be able to hold a conversation.</b></p>	<p><b>25mins jogging</b> <b>*A comfortable pace you can easily sustain.</b> <b>* Record the distance you cover.</b></p>

# Week 4



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Session 1	Session 2	Session 3
<p><b>Run 1min, walk 30secs.</b> <b>Repeat 20 times</b> <b>Total = 30mins</b> *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p><b>TIME TRIAL: 1mile slow jog as warm-up, 1mile fast run, 1mile slow jog</b> <b>Total = 3miles</b> *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><b>25mins jogging</b> *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><b>Run 2mins, walk 1min.</b> <b>Repeat 10 times</b> <b>Total = 30mins</b> *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p><b>Run 2miles, jog 1mile,</b> <b>Run 2miles</b> <b>Total = 5miles</b> *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p><b>30mins jogging</b> *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><b>Run 3mins, walk 1min.</b> <b>Repeat 7 times</b> <b>Total = 28mins</b> *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p><b>Run 3miles, jog 1mile,</b> <b>Run 2miles</b> <b>Total = 6miles</b> *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p><b>35mins jogging</b> *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><b>Run 5mins, walk 1min. Repeat 5 times Total = 30mins</b></p> <p>*Running effort should be moderate, but sustainable for all of the efforts.</p>	<p><b>TIME TRIAL: 1mile slow jog as warm-up, 2mile fast run, 1mile slow jog Total = 4miles</b></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><b>35mins jogging</b></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><b>Run 4mins, walk 1min. Repeat 7 times Total = 35mins</b> *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p><b>Run 3miles, jog 1mile, run 3miles Total = 7miles</b> *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p><b>40mins jogging</b> *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><b>Run 7mins, walk 1min.</b> <b>Repeat 4 times</b> <b>Total = 32mins</b> *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p><b>Run/Walk lamppost intervals 30mins</b> *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><b>40mins jogging</b> *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><b>Run 8mins, walk 90secs.</b> <b>Repeat 4 times</b> <b>Total = 38mins</b> *Running effort should be moderate, but sustainable for all of the efforts.</p>	<p><b>Run 3miles, jog half-mile, run 2miles, jog half-mile, run 1mile</b> <b>Total = 7miles</b> *Run at a comfortable effort, you should be able to hold a conversation.</p>	<p><b>45mins jogging</b> *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><b>Run 10mins, walk 90secs.</b> <b>Repeat 3 times</b> <b>Total = 34:30mins</b> <b>*Running effort should be moderate, but sustainable for all of the efforts.</b></p>	<p><b>Jog 1mile, run 4miles, jog 1mile</b> <b>Total = 6miles</b> <b>*Run at a comfortable effort, you should be able to hold a conversation.</b></p>	<p><b>TIME TRIAL: 1mile slow jog as warm-up, 5km fast run (3.1miles), 1mile slow jog</b> <b>Total = 5miles</b> <b>*Run at a challenging pace, you should just be able to sustain the pace for 5km effort.</b> <b>* Record your time for the 5km run.</b></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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