

BEGINNER 8K TRAINING PLAN

| | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
|-----------------------------------|--------------------------|------------------------------|--------------------------------------------------------|-----------------------------|-----------------|-----------------------------------------------|---------------------------------|
| Week 1 9/3 | 20 min easy run/ walk | Strength Train 45-60 min. | 15 Minute Tempo, 10 min easy | Strength Train 45-60 min | 2 Mile Run | Cross Train or Strength Train 30-45 min | Rest |
| Week 2 9/10 | 25 min easy run/ walk | Strength Train 45-60 min. | Track 400 Strong+400 Easy x 4(8) | Strength Train 45-60 min | 2.5 Mi Run | Cross Train or Strength Train 30-45 min | Rest |
| Week 3 9/17 | 30 min easy run | Strength Train 45-60 min. | 20 Min Tempo, 10 min easy | Strength Train 45-60 min | 3 Mi Run | Cross Train or Strength Train 30-45 min | Rest |
| Week 4 9/24 | 35 min easy run | Strength Train 45-60 min. | Track 800 Strong, 800 easy x 3 (12) | Strength Train 45-60 min | 3.5 Mi Run | Cross Train or Strength Train 30-45 min | Rest |
| Week 5 10/1 | 40 min easy run | Strength Train 45-60 min. | 25 Min Tempo, 10 min easy | Strength Train 45-60 min | 4 Mi Run | Cross Train or Strength Train 30-45 min | Rest |
| Week 6 10/8 | 45 min easy run | Strength Train 45-60 min. | Track: 800 strong,400 easy x 4 (12) | Strength Train 45-60 min | 4.5 Mi Run | Cross Train or Strength Train 30-45 min | Rest |
| Week 7 10/15 | 50 min easy run | Strength Train 45-60 min. | 35 minute Tempo, 10 min easy | Strength Train 45-60 min | 5 Mile Run | Cross Train or Strength Train 30-45 min | Rest |
| Week 8 10/22 | 55 min easy run | Strength Train 45-60 min. | 800 strong, 800 easy, 400 strong,400 easy x 2 | Strength Train 45-60 min | 5.5 Mile Run | Cross Train or Strength Train 30-45 min | Rest |
| Week 9 10/29 | 30 min easy run | Strength Train 45-60 min. | 30 min run w/ 1 min hard, 2 min easy x 5 | Strength Train 45-60 min | 3 Mile Run | Cross Train or or Rest | Rest and stay well hydrated! |
| Enjoy the Race! Sunday Nov 4th | | | | | | | |

INTERMEDIATE 8K TRAINING PLAN

| | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
|-----------------------------------|-----------------|------------------------------|--------------------------------------------------------------------|-----------------------------|---------------|-----------------------------------------------|------|
| Week 1 9/10 | 30 min easy run | Strength Train 45-60 min. | 20 Minute Tempo, 10 easy | Strength Train 45-60 min | 3 Mile Run | Cross Train or Strength Train 30-60 min | Rest |
| Week 2 9/17 | 35 min easy run | Strength Train 45-60 min. | Track 400 Strong+400 Easy x 4(8) | Strength Train 45-60 min | 3.5 Mi Run | Cross Train or Strength Train 30-60 min | Rest |
| Week 3 9/24 | 40 min easy run | Strength Train 45-60 min. | 30 Min Tempo | Strength Train 45-60 min | 4 Mi Run | Cross Train or Strength Train 30-60 min | Rest |
| Week 4 10/1 | 45 min easy run | Strength Train 45-60 min. | Track 800 Strong, 400 easy x 4 (12) | Strength Train 45-60 min | 4.5 Mi Run | Cross Train or Strength Train 30-60 min | Rest |
| Week 5 10/8 | 50 min easy run | Strength Train 45-60 min. | 35 Min Tempo | Strength Train 45-60 min | 5 Mi Run | Cross Train or Strength Train 30-60 min | Rest |
| Week 6 10/15 | 55 min easy run | Strength Train 45-60 min. | Track: 800 strong,200 easy,200 hard, 400 easy x 4 (16) | Strength Train 45-60 min | 5.5 Mi Run | Cross Train or Strength Train 30-60 min | Rest |
| Week 7 10/22 | 60 min easy run | Strength Train 45-60 min. | 45 minute Tempo | Strength Train 45-60 min | 6 Mile Run | Cross Train or Strength Train 30-60 min | Rest |
| Week 8 10/29 | 30 min easy run | Strength Train 45-60 min. | 30 min run w/ 1 min hard, 2 min easy x 4 | Strength Train 45-60 min | 3 Mile Run | Cross Train or or Rest | Rest |
| Enjoy the Race! Sunday Nov 4th | | | | | | | |

NOTES

EASY RUN: Your most comfortable stride. Keep upper body relaxed. Arms bent, spine neutral. Make a loose fist with hands and rest thumbs on top. As you run think about pushing your elbows back. Avoid crossing your arms in front of your body. You should not be breathing heavily and able to carry on a comfortable conversation.

RUN STRONG: Pick up the pace and push yourself a little more! You might be breathing heavier now but still able to carry on a conversation.

RUN HARD: Not quite a sprint but working hard. Put your heart into it. You should be breathing heavily. You may not be able to speak in full sentences but still able to talk; you must always be able to talk!

TEMPO: Tempo days are supposed to be “**comfortably hard.**” They are often best done in a progressive form. As your muscles loosen up, you should be able to run faster. These runs should make you much more tired than an easy run and leave you breathing hard. However, they are not an “all out” type run. In order to successfully do a tempo run, you should pick a pace that is faster than your easy day pace and try to maintain this pace or even increase the pace through the run if this is comfortably hard. A good tempo goal for someone who runs 9 minute mile pace would be around 7:45-8 minutes per mile.

STRENGTH TRAINING: Try to do some type of total body workout with or without weights. [Here's one idea](#)

CROSS TRAINING: Try swimming, cycling, yoga or any form of cardio that elevates your heart rate.