



8K Running Program Advanced

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Training Zones

Zone 1 Warm-up and cool-down pace 50 to 65% (of maximum effort)

Zone 2 General Conditioning 65 –80% (Aerobic Pace)

Zone 3 Tempo Pace 80 –90% (10k to 5 k pace)

Zone 4 Anaerobic pace 90-95 % (5k to 1mile pace)

Zone 5 Speed 95-100% (1mile to 800m pace)

Week 1

Mon.

OFF

Tues.

Run 1 hour

15 min warmup

10x1:30 zone 4 w/ 1:30 recovery after each

ez cool down

Wed.

Run 45 min. zone 1-2

Thurs.

Run 1 hour

2x12 min zone 3 w/ 6 min ez after each

ez cool down

Fri.

Run 45 min. zone 1-2

Sat.

Crosstrain 45 min zone 1-2

Sun.

Run 1:10:00 zone 1-2

Week 2

Mon.

OFF

Tues.

Run 1 hr.

15 min warmup

3x1 mile repeats @ zone 3-4

w/3 min.ez after each

ez cool down

Wed.

Run 45 min zone 1-2

Thurs.

Run 1 hour

15 min warm up

3x8 min zone 3 w/ 2 min ez after each

Fri.

Run 45 min zone 1-2

Sat.

Crosstrain 45 min

Sun.

Run 1:20 zone 1-2

Week 3

Mon.

OFF

Tues.

Run 1 hr.

15 min warm up

6x800m w/ 3 min ez after each

ez cool down

Wed.
Run 45 min zone 1-2

Thurs.
Run 1 hr.

Fri.
Run 45 min zone 1-2

Sat.
45 min crosstrain

Sun.
Run 1:30 zone 1-2

Week 4

Mon.
OFF

Tues.
Run 1 hour
15 min warm up
12x1:30 @ zone 4 w/1:30 ez
ez cool down

Wed.
Run 45 min. zone 1-2

Thurs.
Run 1 hour
15 min warm up
2x15 min zone 3-4 w/5 min easy after each
easy cooldown

Fri.
Run 45 min zone 1-2

Sat.
45 min crosstrain

Sun.
Run 1:20:00 zone 1-2

Week 5

Mon.

OFF

Tues.

Run 1 hour

15 min warm up

5x1k (1000m) @ zone 4 w/3 min ez after each
ez cooldown

Wed.

Run 45 min zone 1-2

Thurs.

Run 1 hour

15 min warmup

3x9 min zone 3-4 w/3 min ez after each
ez cooldown

Fri.

Run 45 min zone 1-2

Sat.

Run 45 min w/2 miles @ race pace

Ez cooldown

Sun.

Run 1:10:00 zone 1-2

Week 6

Mon.

OFF

Tues.

Run 1 hour

15 min warm up

16x200m zone 4-5 w/1 min ez after each
ez cool down

Wed.

Run 45 min zone 1-2

Thurs.

Run 1 hour

15 min warmup

4x8 min zone 3 w/ 2 min ez after each
ez cool down

Fri.

Run 45 min zone 1-2

Sat.

Run 50 min w/3 miles @ race pace

Ez cool down

Sun

Run 1 hour zone 1-2

Week 7 RACE WEEK

Mon.

OFF

Tues.

Run 45 min

15 min warm up

3x5 min @ zone 4 w/ 5 min ez
ez cool down

Wed.

Run 45 min zone 1-2

Thurs.

Run 40 min w/5x1 min @ zone 5 w/1 min recovery after each

Fri..

OFF

Sat.

Run 20-30 min easy

Sun **RACE DAY ☺ GOOD LUCK!!!**