



8k Running Program Beg/ Intermediate

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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.

Run 30 min zone 1-2

Tues.

OFF

Wed.

Run 40 min zone 1-2

Thurs.

OFF

Fri.

Run 40 min zone 1-2

Sat.

Run 45 min crosstrain

Sun.

Run 50 min. zone 1-2

Week 2

Mon

Run 30 min zone 1-2

Tues.

OFF

Wed.

Run 50 min zone 1-2

Week 2 con't

Thurs.

45 min. crosstrain

Fri.

Run 50 min. zone 1-2

Sat.

45 min crosstrain

Sun.

Run 1 hour zone 1

Week 3

Mon.

Run 30 min. zone 1-2

Tues.

OFF

Wed.

Run 1 hour zone 2

Thurs.

45 min crosstrain

Fri.

Run 50 min

-15 min warm up

-7x 1:30 zone 3-4 w/ 1:30 rest

-cool down 10 min

Sat.
45 min. cross train

Sun.
Run 1:15 zone 1-2

Week 4

Mon.
OFF

Tues.
Run 45 min zone 1-2

Wed.
Run 50 min w/ 3x5min. @ zone 3 with 5 min ez after each
15 min warm up
10 min cool down

Thurs.
45 min cross train

Fri.
Run 50 min w/ 12 x :45 sec @ zone 4 w/45 sec. Recovery

Sat.
Run 30 min zone 1

Sun.
Run 1:15 zone 1

Week 5

Mon.
OFF

Tues.
Run 50 min
15 min warm up
2x10 min zone 3 w/5 min recovery
10 min cool down

Wed.

Run 1 hour zone 1-2

Thurs.

Cross train

Fri.

Run 50 min

15 min warm-up

8x2 min zone 4 w/ 2min ez after each

Sat.

Run 30 min zone 1-2

Sun.

Run 1:05 zone 1

Week 6

Mon.

OFF

Tues.

Run 50 min.

-15 min warmup

3x8 min zone 3 w/4 min recovery after each

10 min cooldown

Wed.

Run 1 hour zone 1-2

Thurs.

OFF

Fri.

Run 50 min

15 min warm up

10x 1:30 zone 4 w/1:30 ez after each

cooldown 5-10 min

Sat.

Run 30 min zone 1-2

Sun

Run 50 min. w/ last 10 min @ race pace

Week 7 (Race Week)

Mon.

OFF

Tues.

Run 45 min zone 1-2

Wed.

Run 30 min. zone 1

Thurs.

Run 50 min

15 min warmup

4-6 x :45 sec zone 4 w/ 1 min recovery after each effort

5-10 min cool down

Friday

OFF

Sat.

Run 30 min easy

Sun. **(RACE DAY GOOD LUCK and HAVE FUN!!!)**