



8 Week Training Plan for the Beginner / 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

Monday: Recovery day

Tuesday: Run 20-30 min zone 1-2

Wednesday: Run 30 min zone 1 recovery or xtrain

Thursday: Run 20 –30 min zone 2-3 zone 1-2

Friday: off

Saturday: 40 min. cross train zone 2

Sunday: Run 4-6 miles zone 2

Week 2

Monday: Recovery Day

Tuesday: Run 30-40 min. zone 1-2

Wednesday: Cross train 30 minutes zone 2

Thursday : Run 30-40 minutes zone 2

Friday: Recovery day

Saturday: Cross train 50 min.

Sunday: Run 5-7 miles zone 2

Week 3

Monday: Recovery day

Tuesday: Run 40 –50 min. zone 1-2

Wednesday: Cross train 1 hr zone 2-3

Thursday: Run 40 to 50 min. zone 2

Friday: Run 40 min zone 2

Saturday: 1 hr Cross train zone 3

Sunday: Run 6-8 miles zone 2

Week 4

Monday: Recovery day

Tuesday: Run 50- 60 min (w/ 4-6 x 1 min. @ zone 4 followed by 1 min. recovery jog after each)

Wednesday: Run 30-40 min or Cross train

Thursday: Run 50 –60 min (w/ 1x10 min @ zone 3 on hilly course)

Friday: Run 40 min zone 2

Saturday: 1 hr Cross train

Sunday: Run 7-9 miles zone 2

Week 5

Monday: Recovery Day

Tuesday: Run 1 hour w/ 4-6 x 2 min hill charges zone 3 followed by 2 min recovery after each.

Wednesday: Run 40 min zone 2 or cross train

Thursday: Run 1 hr w/ 2x 8 min zone 3 w/ 4 min recovery jog between.

Friday: Run 40 min zone 2

Saturday: 50 min. Cross train zone 2-3

Sunday: Run 8-10 miles zone 2

Week 6

Monday: Recovery day

Tuesday: 1 hour run w/ 8-10 x400m (1/4 mile)
W/ 1 min recovery jog after each

Wednesday: Run 1 hour zone 2 or xtrain

Thursday: 70 minute tempo run w/ 3x5 min zone 3 w/5 min recovery jog in between

Friday: Run 40 minutes zone 2 or x train

Saturday: Run 4 – 5 miles zone 2

Sunday: 9 – 11 miles zone 2

Week 7

Monday: Recovery Day

Tuesday: Run 1 hr w/ 3-5 x 800m (1/2 mile) zone 4 w/ 3 min. recovery jog between

Wednesday: Run 50 minutes zone 2 or cross train (swim, bike etc...)

Thursday: Run 1 hour tempo run w/ 2x12 minutes @ zone 3 w/ 4 min recovery after each

Friday: Run 30 minutes or cross train

Saturday: Run 4 miles rolling hills zone 2-3

Sunday: Run 7- 9 miles zone 2

Week 8

Monday: Recovery Day

Tuesday: Run 50 minutes
W/ 4x2 min pickups zone 4
W/ 2 min recovery after each pickup

Wednesday: Run 30 minutes (all zone 2)

Thursday: Run 30 minutes
W/ 4x1min. zone 4 w/ 1:30 recovery jog after each

Friday: Recovery Day

Saturday: Run 2 miles zone 2

Sunday: RACE DAY