

8 WEEK TRAINING PROGRAM

Starting September 23 and ending
on race day on November 16!

Let's get ready to crush your goals!

ORLANDO
HEALTH®

Bayfront
Hospital



MONDAY-(Run 1 minute, walk 90 sec) X 8
TUESDAY- Cross Train!
WEDNESDAY- (Run 1 minute, walk 1 minute) X 10
THURSDAY-Yoga or do 30 min of stretching
FRIDAY-(Run 1 minute, walk 1 minute) X 10
SATURDAY-(Run 2 minutes, walk 1 minute) X8

Week



MONDAY-(Run 3 minutes, walk 1 minute) X6
TUESDAY-Cross Train!
WEDNESDAY-(Run 3 minutes, walk 1 minute) X 6
THURSDAY-Yoga or do 30 min of stretching
FRIDAY-(Run 5 minutes, walk 2 minutes) X 4
SATURDAY-(Run 2 minutes, walk 1 minute) X 10

Week



MONDAY-(Run 7 minutes, walk 2 minutes) X 3
TUESDAY-Cross Train!
WEDNESDAY-(Run 7 minutes, walk 2 minutes) X 3
THURSDAY- Yoga or do 30 min of stretching
FRIDAY-(Run 8 minutes, walk 2 minutes) X 3
SATURDAY-(Run 1 minute, walk 1 minute) X10

Week



MONDAY-(Run 10 minutes, walk 2 minutes) X 2
TUESDAY-Cross Train!
WEDNESDAY-(Run 9 minutes, walk 1 minute) X 3
THURSDAY-Yoga or do 30 min of stretching
FRIDAY-(Run 12 minutes, walk 2 minutes) X 2
SATURDAY-Run 20 minutes

Week



Notes : **Sundays are your rest days!**

Cross training is any type of cardio that elevates your heart rate. Visit our friends at Orangetheory Fitness for a heart pumping class! For yoga day, try a class with our friends at The Body Electric Yoga Co for all your stretching needs!

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MONDAY- Run 2 miles
TUESDAY-Cross Train!
WEDNESDAY-(Run 1 mile, walk 3 minutes) X2
THURSDAY-Yoga or do 30 min of stretching
FRIDAY- (Run 1 miles, walk 2 minutes) X2
SATURDAY-Run 3.1 miles

Week



MONDAY- Run 2.5 miles
TUESDAY-Cross Train!
WEDNESDAY-(Run 1 mile, walk 2 minutes) X3
THURSDAY-Yoga or do 30 min of stretching
FRIDAY-Run 2.5 miles 5 min run to finish
SATURDAY-Run 4 miles

Week



MONDAY-Run 2.5 miles
TUESDAY-Cross Train!
WEDNESDAY-(Run 2 miles, walk 5 minutes) X2
THURSDAY-Yoga or do 30 min of stretching
FRIDAY-Run 3 miles 5 min run to finish
SATURDAY-Run 5 miles

Week



MONDAY-Run 3.1 miles
TUESDAY-Cross Train!
WEDNESDAY-(Run 1 mile, walk 5 minutes) X3
THURSDAY-Yoga or do 30 min of stretching
FRIDAY-Be lightly active outside for at least 25 minutes
SATURDAY-IT'S RACE DAY! Enjoy the race and celebrate!

Week



Notes :

On race day, don't forget to check out the Good Sweat Festival and visit Athlete's Village!