

8 WEEK TRAINING PROGRAM

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

Let's get ready to crush your goals!



Week



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) X10slightly faster

Week



MONDAY–(Run 10 minutes, walk 2 minutes) X 2 5 min run to finish
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 5 min run to finish
SATURDAY–Run 20 minutes

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!