# 8 WEEK TRAINING PROGRAM

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

Let's get ready to crush your goals!

Rollin' Oats MARKET

SPRF 10K St Pete's Run Fest

**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** 5 min run to finish
**SATURDAY–Run 3.1 miles**

Week 5

**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 6

**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 7

**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 8

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