

8k Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3	30 min tempo	3 mi run and strength	rest	60 min cross train	4	3 mile run and stretch
2	3.5	6x400m 5k pace	4 mi run and strength	rest	60 min cross train	5	3 mile run and stretch
3	4	35 min tempo	3 mi run and strength	rest	60 min cross train	3	3 mile run and stretch
4	4.5	7x400m 5k pace	4 mi run and strength	rest	60 min cross train	5	3 mile run and stretch
5	5	40 min tempo	3 mi run and strength	rest	60 min cross train	6	3 mile run and stretch
6	5.5	8x400m 5k pace	4 mi run and strength	rest	60 min cross train	4	3 mile run and stretch
7	6	45 min tempo	3 mi run and strength	rest	60 min cross train	7	3 mile run and stretch
8	3	4x400 5k pace	1-3 mi run and strength	rest	60 min cross train or rest	8k	Relax and Stretch!

Rest: Take these days off and give your legs a rest!

Easy: Days listed as easy, or just with a number of miles, run at a pace comfortable for you. The idea of these days is to recover from long runs and workouts while building up your weekly mileage. This allows your legs to become stronger!

5k Pace: Do these workouts at the pace you would race a 5k. These runs should be faster than your easy running days! If you would run an 8 minute mile pace in a 5k, then you would want to do your 400s in 2 minutes.

Tempo: Tempo days are supposed to be “comfortably hard.” They are often best done in a progressive form. As your muscles loosen up, you should be able to run faster. These runs should make you much more tired than an easy run and leave you breathing hard. However, they are not an “all out” type run. In order to successfully do a tempo run, you should pick a pace that is faster than your easy day pace and try to maintain this pace or even increase the pace through the run if this is comfortably hard. A good tempo goal for someone who runs 9 minute mile pace would be around 7:45-8 minutes per mile.

Strength and Stretch: This means that you should spend time working on muscular strength and flexibility. Strengthening can be done in various ways. These include weight lifting, abdominal exercises, leg lifts, and cross training. Forms of cross training include biking, swimming, walking, and using an elliptical machine. It is very important that a warm up is done before beginning strength training. After doing some form of strength, do a cool down and stretch! This will help aid in muscle recovery.

For more information view Hal Higdon’s website! <http://www.halhigdon.com/8K/8kintsch.htm>