



# 8 WEEK TRAINING PLAN

This 8 week 24km training plan is flexible. It's generally structured with 4 days of running, 2 days of cross-training, and 1 day of rest, but feel free to tweak it to your needs.

If cross-training sounds miserable, go for a light jog instead. But seriously, adding in some swimming, cycling, weightlifting, fitness classes or even yoga can make a big difference in your aerobic performance.

If you're feeling completely wiped out, take another rest day—and don't beat yourself up for it!

Remember, you need to include at least one rest and recovery day minimum to prevent injuries, but beginners can take 2-3 as you work into your training program.



**Need more advice ...**



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|               | MONDAY         | TUESDAY   | WEDNESDAY   | THURSDAY                     | FRIDAY  | SATURDAY   | SUNDAY   |
|---------------|----------------|---|---|------------------------------|---|--|--|
| <b>WEEK 1</b> | 5km easy run   | 30-45 minutes cross training  | 4km tempo run<br>Warm up at an easy pace for 1km, pressing into a comfortably hard tempo run or 'race pace' goal for 2.5km, then dropping the pace back down for another 1km cool down. | 30-45 minutes cross training | 5km easy run  | 7km easy run   | <br>Week 1 already under your belt! |
| <b>WEEK 2</b> | 5.5km easy run | 30-45 minutes cross training  | 6km speed run<br>1.5km warm up, 3km race pace, 1.5km cool down.   | 30-45 minutes cross training | 5.5km easy run  | 7km easy run   |                                     |
| <b>WEEK 3</b> | 6.5km easy run | 45-60 minutes cross training  | Short hill repeats<br>Find a hill that takes about 60 seconds to run up at a comfortably hard pace then jog back down 4-6 times.  | 45-50 minutes cross training | 6.5km easy run  | 12km easy run  |                                     |
| <b>WEEK 4</b> | 8km easy run   | 45-60 minutes cross training  | 10km speed run<br>1km warm up, 8km race pace, 1km cool down.  | 45-50 minutes cross training | 8km easy run  | 15km easy run  |                                     |
| <b>WEEK 5</b> | 10km easy run  | 60 minutes cross training   | Long hill repeats<br>Find a longer hill with a steeper grade, and run up it for 90 seconds, jog back down. Repeat 4 - 6 times.  | 60 minutes cross training    | 7km easy run  | 18km easy run  |                                     |
| <b>WEEK 6</b> | 8km easy run   | 60 minutes cross training   | 15km speed run<br>2km warm up, 12km race pace, 1km cool down.   | 60 minutes cross training    | 6km easy run  | 20km long run<br>After this point, you'll start cutting back on mileage to rest up for race day.         |                                   |
| <b>WEEK 7</b> | 8km easy run   | 30 minutes cross training   | 8km cut down run<br>Warm up 1km, then pick up the pac. 10-15 seconds per km for each of the next 7km.   | 30 minutes cross training    | 6km easy run  | 14km long run  |                                   |
| <b>WEEK 8</b> | 10km long run  |  |    | 6km easy run                 |  | <b>RACE DAY</b><br> |                                   |

# STRENGTH TRAINING PROGRAM FOR RUNNING

## A basic eight-week generic program

**GOALS:** Improve overall strength | Improve leg & hip strength for endurance | Improve/maintain mobility



### WORKOUT ONE

#### Warm up

- Self myofascial release (SMR) or Foam Rolling  
- General - Full Body

#### Mobility

- Cat & Cow
- Downward Dog
- Dynamic 90 90
- T-spine rotations

#### Resistance/Movement Training

Follow the order and complete 3 rounds/sets. Choose weights that allow you to fatigue at 20 reps.

|                            |            |                      |
|----------------------------|------------|----------------------|
| A1   Deadbugs              | Weight: BW | Reps: 10+            |
| A2   KB Deadlift           | Weight:    | Reps: 15-20          |
| A3   SB Hamstring curls    | Weight: BW | Reps: 10-20          |
| B1   Lat pulldown          | Weight:    | Reps: 15-20          |
| B2   Leg extension         | Weight:    | Reps: 15-20 1 minute |
| B3   Rotational side plank | Weight: BW | Reps: 8+ each        |

#### Flexibility

- Glute stretch
- Hamstring stretch
- Calf stretch
- Quad stretch



### WORKOUT TWO

#### Warm up

- Self myofascial release (SMR) or Foam Rolling  
- General - Full Body

#### Mobility

- Cat & Cow
- Downward Dog
- Dynamic 90 90
- T-spine rotations

#### Resistance/Movement Training

Follow the order and complete 3 rounds/sets. Choose weights that allow you to fatigue at 20 reps.

|                            |            |               |
|----------------------------|------------|---------------|
| A1   Front Plank           | Weight: BW | Reps 30 sec + |
| A2   Weighted Glute Bridge | Weight:    | Reps: 15-20   |
| A3   Seated Row            | Weight:    | Reps: 15-20   |
| B1   Leg curl machine      | Weight:    | Reps: 15-20   |
| B2   DB / Bench press      | Weight:    | Reps: 15-20   |
| B3   Lunges                | Weight:    | Reps: 15-20   |

#### Flexibility

- Glute stretch
- Hamstring stretch
- Calf stretch
- Quad stretch

### NOTES

1. Participants can alternate between the two programs. 2. To see results, ideally, 3 sessions per week need to be completed. 3. When weight is specified, find a weight where the last few reps are difficult to maintain your form. If your form fails, you have completed enough reps. 4. BW = Bodyweight. KB = Kettlebell. SB = Swiss ball. DB = Dumbbell. 5. Follow the order A1, A2, A3 then rest for 1 minute. Then repeat for the number of sets. Then complete B1, B2, B3, then rest for 1 minute and repeat.