

THE SPRING RUN OFF 5K

8 WEEK PROGRESSION

Here's your plan for the next 8 weeks.

What you need to know to succeed:

- **Run** does not mean **sprint**. You should be "running" at about 60-70% of your maximum effort. Do the talk test! You should be able to talk.
- **Start every run with a short warm up** of leg swings, easy stretching and a combination of running slowly for 30 seconds and walking for 30 seconds 6 times.
- **P/U** means "**pickup**." This is faster running at ~80% of your max effort. Recover in between each pickup by jogging slowly for 30 seconds.
- **REST** in this program means walk.

WEEK 1 Introduction	MON Run 3 minutes 4x Walk 1 min. between. Run 2 min. 2x Walk 1 min between.	WED Run 3 minutes 4x Walk 1 min. between. Finish with 3x10 second "pick-ups" 30 sec. recovery	SAT Run 3 minutes 6x Walk 1 min. between each
	MON Run 4 min 4x Walk 1 min. between Run 3 min. 2x 30 sec. walk recovery	WED Run 4 min 4x Walk 1 min. between 4x10 second p/u 30 sec. recovery	SAT Run 4 min. 6x Walk 1 min. between recovery.
WEEK 2	MON Run 6 min 3x 1 minute walk between. Run 4 min 2x 30 second walk.	WED Run 6 min 3x 1 min walk between 4x15 second p/u 30 sec. recovery	SAT Run 6 min 4x Walk 1 min between recovery.
	MON Run 6 min 3x 1 minute walk between. Run 4 min 2x 30 second walk.	WED Run 6 min 3x 1 min walk between 4x15 second p/u 30 sec. recovery	SAT Run 6 min 4x Walk 1 min between recovery.

THE RUNNERS SHOP

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WEEK 4 Half way there!	MON	WED	SAT
	Run 8 min 3x 1 min walk between Run 6 min 1x	Run 8 min 3x 1 min walk between 5 x 15 sec p/u 30 sec recovery	Run 8 min. 4x 1 min walk between
WEEK 5	MON	WED	SAT
	Run 10 min 3x 1 min walk between	Run 10 min 3x 1 min walk between 5 x 20 sec p/u 30 sec recovery	Run 10 min 4x 1 min walk between
WEEK 6	MON	WED	SAT
	Run 12 min 2x 2 min walk between	Run 12 min 2x 1 min walk between 5 x 30 sec. p/u 30 sec recovery	Run 12 min 3x 1 min walk between
WEEK 7	MON	WED	SAT
	Run 15 min 2x 2 min walk between	Run 15 min 2x 90 second walk between 6 x 30 sec p/u 30 sec recovery	Run 15 min 2x 1 min walk between
WEEK 8 Home stretch!	MON	WED	SAT
	Run 20 min 1x 2 min walk between Run 10 min. 1x	Run 15 min 2x 1 min walk between	Race Day. Spring Run Off 5k!