

THE SPRING RUN OFF 8K

8 WEEK PROGRESSION

Here's your plan for the next 8 weeks.

- Numbers refer to minutes
- **R50** means **run for 50 minutes** & **W5** means **walk 5 minutes**
- **R4x 8+2** means **run 8 minutes, walk for 2 minutes** and **repeat another 3 times for a total of 4**
- **W5 R30 W5 R10** - walk 5, run 30, walk 5 and run 10 for a total of 50 minutes of exercise
- **R10E + 20F + 10E** - run 10 easy, then 20 faster pace, then 10 easy for a total of 40 minutes
- Choose the days of the week that work best for your schedule. Be sure to schedule some rest days in between!

WEEK 1 Introduction	DAY 1	DAY 2	DAY 3	DAY 4
	R4x 8+2 (run 8 min, walk 2 min, 4 times)	R5Ex 8+2 (run 8 min easy, walk 2 min, 5 times)	R5Ex 8+2 (same as day 2)	REST or cross-train
WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4
	R4x 10+2	R4x 10+2	W5 R10 W5 R10 (walk 5, run 10, walk 5, run 10)	REST or cross-train
WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4
	R4x 10+1	R4x 10+1	R4x 10+1	W5 R30 W5

THE RUNNERS SHOP

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WEEK 4 Half way there!	DAY 1	DAY 2	DAY 3	DAY 4
	W5 R25 W5	W5 R25 W5	W5 R30 W5 R10	REST or cross-train
WEEK 5	DAY 1	DAY 2	DAY 3	DAY 4
	W5 R30 W5	W5 R30 W5	W5 R35 W5	W5 R35 W5 R15
WEEK 6	DAY 1	DAY 2	DAY 3	DAY 4
	R45	R10E 20F 10E (run 10 easy, 20 fast, 10 easy)	R30E	R10E 20F 10E
WEEK 7	DAY 1	DAY 2	DAY 3	DAY 4
	R40E	R45E	R15E 20F 15E	REST or cross-train
WEEK 8 Home stretch!	DAY 1	DAY 2	DAY 3	DAY 4
	R20E 10F	R10E 10F	R10E (leave a day between this and race day)	Race Day. Spring Run-Off 8k!