



# 8km training program

For the 8km Mother's Day Classic run, an especially designed training program has been created to help you reach your personal goals. The Intermediate to Advanced training program is aimed at those who are already exercising three or more times per week. It can be followed for any race up to 10km, commencing 10 weeks prior to race day.

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## WEEK ONE

Day	Session	Notes
Monday	Walk/jog	30-minute walk, with a 1-minute jog every 4 minutes.
Tuesday	Rest day	10 minutes of cardio exercise of your choice, as well as 10 minutes stretching the major muscle groups.
Wednesday	Walk/jog	30-minute walk, with a 2-minute jog every 2 minutes.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Jog	3-minute continuous run, 3-minute walk. Repeat 3 times.
Saturday	Walk	45-minute walk. Challenge yourself and look for hilly terrain!
Sunday	Rest day	

## WEEK TWO

Day	Session	Notes
Monday	Walk/jog	35-minute walk, with a 2-minute jog every 3 minutes.
Tuesday	Cross train	10 minutes of cardio exercise of your choice, as well as 10 minutes stretching the major muscle groups.
Wednesday	Walk/jog	10-minute walk, 5-minute jog. Repeat twice.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Jog	5-minute continuous run, 5-minute walk. Repeat twice.
Saturday	Walk	50-minute walk, with a 2-minute jog every 3 minutes.
Sunday	Rest day	

## WEEK THREE

Day	Session	Notes
Monday	Walk/jog	40-minute walk, with a 1-minute jog every 4 minutes.
Tuesday	Cross train	10 minutes of cardio exercise of your choice, 10 minutes stretching the major muscle groups, 5 step-ups, 10 walking lunges.
Wednesday	Walk/jog	10-minute walk, 10-minute jog. Repeat twice.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	10-minute walk, followed by 4 sets of: 3-minute continuous run, 2-minute rest. 10-minute walk cool down.
Saturday	Walk	60-minute walk, with a 2-minute jog every 3 minutes.
Sunday	Rest day	

## WEEK FOUR

Day	Session	Notes
Monday	Walk/jog	15-minute jog, 5-minute walk, 15-minute jog.
Tuesday	Cross train	15 minutes of cardio exercise of your choice, 10 minutes stretching major muscle groups, 6 gentle step-ups, 12 walking lunges.
Wednesday	Walk/jog	10-minute walk, 10-minute jog. Repeat twice.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	10-minute jog, followed by 3 sets of: 2-mins 'moderate' run, 2-mins rest, 2-mins 'moderate' run, 2-mins rest. 10-mins walk.
Saturday	Walk	60-minute walk, with a 5-minute jog every 5 minutes.
Sunday	Rest day	

## WEEK FIVE

Day	Session	Notes
Monday	Walk/jog	20-minute jog, 20-minute walk.
Tuesday	Cross train	15 minutes of cardio exercise of your choice, 10 minutes stretching major muscle groups, 8 gentle step-ups 12 walking lunges, 5 push ups.
Wednesday	Walk/jog	10-minute walk, 15-minute jog, 10-minute walk.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	10-minute jog, followed by 3 sets of: 2-mins 'moderate' run, 2-mins rest, 3-mins 'moderate' run, 2-mins rest. 10-mins walk.
Saturday	Walk/run	60-minute walk, with a 6-minute jog every 4 minutes.
Sunday	Rest day	

## WEEK SIX

Day	Session	Notes
Monday	Walk/jog	30-minute continuous jog.
Tuesday	Cross train	15 minutes of cardio exercise of your choice, 10 minutes stretching major muscle groups, 10 gentle step-ups, 12 walking lunges, 5 push ups.
Wednesday	Walk/jog	10-minute walk, 15-minute jog, 10-minute walk.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	10-minute slow jog followed by: Run 1 lap of an oval (or approx 400m), walk half a lap of an oval. Repeat for 15 minutes. 10-minute walk cool down.
Saturday	Walk/run	60-minute jog, with a 5-minute walk every 10 minutes.
Sunday	Rest day	

## WEEK SEVEN

Day	Session	Notes
Monday	Walk/jog	35-minute continuous jog.
Tuesday	Cross train	20 minutes of cardio exercise of your choice, 10 minutes stretching major muscle groups, 10 step-ups, 15 walking lunges, 5 push ups and 1 plank held for as long as possible.
Wednesday	Walk/jog	10-minute walk, 20-minute jog, 10-minute walk.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	10-minute jog followed by: Run 1 lap of an oval, walk half a lap of an oval. Repeat for 20 minutes. 10-minute walk cool down.
Saturday	Walk/run	35-minute jog, 25-minute walk.
Sunday	Rest day	

## WEEK EIGHT

Day	Session	Notes
Monday	Walk/jog	40-minute continuous jog.
Tuesday	Cross train	20 minutes of cardio exercise of your choice, 10 minutes stretching the major muscle groups, 10 step-ups, 15 walking lunges, 5 push ups and 1 plank held for as long as possible.
Wednesday	Walk/jog	10-minute walk, 20-minute jog, 10-minute walk.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	10-minute jog followed by: 10-minute jog at a 'moderate' intensity, 4-minute rest, 4-minute jog, 2-minute rest, 4-minute jog, 2-minute rest. 10-minute walk cool down.
Saturday	Walk/run	40-minute jog, 20-minute walk.
Sunday	Rest day	

## WEEK NINE

Day	Session	Notes
Monday	Walk/jog	45-minute continuous jog.
Tuesday	Cross train	20 minutes of cardio exercise of your choice, 10 minutes stretching the major muscle groups, 10 step-ups, 15 walking lunges, 5 push ups and 1 plank held for as long as possible.
Wednesday	Walk/jog	10-minute walk, 30-minute jog, 10-minute walk.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	10-minute jog followed by: 15-minute run (at your target race intensity), 4-minute rest, 4-minute jog, 2-minute rest, 4-minute jog, 2-minute rest. 10-minute walk cool down.
Saturday	Walk/run	50-minute jog, 10-minute walk.
Sunday	Rest day	

## WEEK TEN

Day	Session	Notes
Monday	Walk/jog	45-minute jog, with a 1-minute walk every 2 minutes.
Tuesday	Cross train	10 minutes of cardio exercise of your choice, as well as 10 minutes stretching the major muscle groups.
Wednesday	Run	10-minute jog, 30-minute run (with last 10 minutes at your target race intensity).
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	20-minute slow jog, 5 x 100m strides at your target race intensity.
Saturday	Rest day	
Sunday	RACE DAY	Good luck!

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Tip: Be sure to regularly stretch, so your muscles stay lean, flexible and can work at their optimum. Some of the major running muscles that you should be focussing on include the quadriceps, hamstrings, gluteal, Iliotibial band and calves.

For people starting exercise it is recommended you get the all clear from your GP prior to commencing. It is normal to feel muscle tightness and fatigue, however if you get severe pain or any dizziness please stop and seek medical advice.

Happy Training!