



8K TRAINING 2018

	Monday December 18, 2017	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
WEEK #1	WARM UP, then alternate LIGHTLY - jog 1-2 min. - walk 1 min. - repeat 3x	WARM UP, then alternate LIGHTLY - jog 1-2 min. - walk 1 min. - repeat 3x	REST & STRETCH	WARM UP, then alternate LIGHTLY - jog 1-2 min. - walk 1 min. - repeat 5x	REST & STRETCH	WARM UP, then alternate LIGHTLY - jog 1-2 min. - walk 1 min. - repeat 5x	REST & STRETCH
	25	26	27	28	29	30	31
WEEK #2	WARM UP, then alternate MODERATELY - jog 3-5 min. - walk 2 min. - repeat 2x	WARM UP, then alternate MODERATELY - jog 3-5 min. - walk 2 min. - repeat 2x	REST & STRETCH	WARM UP, then alternate MODERATELY - jog 3-5 min. - walk 2 min. - repeat 3x	WARM UP, then alternate MODERATELY - jog 3-5 min. - walk 2 min. - repeat 3x	WARM UP, then alternate MODERATELY - jog 4-5 min. - walk 2 min. - repeat 5x	REST & STRETCH
WEEK #3	January 1, 2018	2	3	4	5	6	7
	REST & STRETCH	WARM UP, then MODERATELY - jog 15 min. or 1-1.5 miles	WARM UP, then MODERATELY - jog 15 min. or 1-1.5 miles	WARM UP, then LIGHT - powerwalk 20 min.	REST & STRETCH	WARM UP, then MODERATELY - jog 20 min. or 1.5-2 miles	REST & STRETCH
WEEK #4	8	9	10	11	12	13	14
	WARM UP, then MODERATELY - jog 20 min. or 1.5-2 miles	WARM UP, then alternate HARD - jog 5-8 min. - walk 2 min. - repeat 3x	WARM UP, then alternate HARD - jog 5-8 min. - walk 2 min. - repeat 3x	REST & STRETCH	REST & STRETCH	WARM UP, then MODERATELY - jog 25 min. or 2-2.5 miles	REST & STRETCH
WEEK #5	15	16	17	18	19	20	21
	WARM UP, then alternate HARD - jog 8-10 min. - walk 2 min. - repeat 3x	WARM UP, then alternate HARD - jog 8-10 min. - walk 2 min. - repeat 3x	REST & STRETCH	WARM UP, then MODERATELY - jog 30 min. or 2.5-3 miles	WARM UP, then alternate HARD - jog 8-10 min. - walk 3 min. - repeat 5x	REST & STRETCH	WARM UP, then LIGHT - powerwalk 30 min.
WEEK #6	22	23	24	25	26	27	28
	WARM UP, then MODERATELY - jog 30 min. or 2.5-3 miles	WARM UP, then MODERATELY - jog 30 min. or 2.5-3 miles	REST & STRETCH	WARM UP, then MODERATELY - jog 35 min. or 3-3.5 miles	WARM UP, then IW: - 10 sec. SPRINT - 30 sec. walk - repeat 5x - end with 10 min. HARD Jog	WARM UP, Alternate HARD - jog 12 min. - walk 3 min. - repeat 4x	REST & STRETCH
WEEK #7	29	30	31	February 1, 2018	2	3	4
	REST & STRETCH	WARM UP, then MODERATELY - jog 35 min. or 3-3.5 miles	WARM UP, then MODERATELY - jog 40 min. or 3.5-4 miles	REST & STRETCH	WARM UP, then IW: - 10 sec. SPRINT - 30 sec. walk - repeat 8x - end with 15 min. HARD Jog	WARM UP, Alternate HARD - jog 15 min. - walk 3 min. - repeat 4x	REST & STRETCH
WEEK #8	5	6	7	8	9	10	11
	REST & STRETCH	WARM UP, then IW: - 12 sec. SPRINT - 30 sec. walk - repeat 10x - end with 20 min. HARD Jog	WARM UP, Alternate HARD - jog 20 min. - walk 3 min. - repeat 3x	REST & STRETCH	WARM UP, then MODERATELY - jog 45 min. or 4-4.5 miles	WARM UP, then HARD - jog 35 min. or 3-3.5 miles	REST & STRETCH
WEEK #9	12	13	14	15	16	17	18
	WARM UP, then MODERATELY - jog 45 min. or 4-4.5 miles	WARM UP, then HARD - jog 45 min. or 4-4.5 miles	REST & STRETCH	WARM UP, then HARD - jog 50 min. or 4.5-5 miles	REST & STRETCH	WARM UP, then HARD - jog 50 min. or 4.5-5 miles	REST & STRETCH
RACE WEEK	19	20	21	22	23	24	25
	WARM UP, then MODERATELY - jog 50 min. or 4.5-5 miles	WARM UP, then HARD - jog 35 min. or 3-3.5 miles	REST & STRETCH	WARM UP, then HARD - jog 25 min.	REST & STRETCH	REST & STRETCH	8K RACE DAY

8 On Your Side Health & Fitness Expo
February 23, 2018 – 10:00am – 8:00pm
February 24, 2018 – 6:00am – 5:00pm

Publix Gasparilla Distance Classic 8K
Sunday, February 25, 2018
START – 9:15am

Key Words

WARM UP – 5-10 minutes of light walking/jogging
RACE PACE – Goal minute per mile pace on Race Day
LIGHTLY – Below race pace
MODERATELY – Near race pace
HARD – At race pace or better
IW – Interval Workout
SPRINT – All out, hard running

