



8K TRAINING 2020

Sun. Feb. 23, 2020
START: 9:15am



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK #1	9 DEC WARM UP, then alternate LIGHTLY. Jog 1 min. + Walk 1 min REPEAT 3X	10 WARM UP, then alternate LIGHTLY. Jog 1 min. + Walk 1 min REPEAT 3X	11 Rest & Stretch	12 WARM UP, then alternate LIGHTLY. Jog 1 min. + Walk 1 min REPEAT 4X	13 Rest & Stretch	14 WARM UP, then alternate LIGHTLY. Jog 1 min. + Walk 1 min REPEAT 4X	15 Rest & Stretch
WEEK #2	16 WARM UP, then alternate LIGHTLY. Jog 1-2 min. + Walk 1 min REPEAT 3X	17 WARM UP, then alternate LIGHTLY. Jog 1-2 min. + Walk 1 min REPEAT 3X	18 Rest & Stretch	19 WARM UP, then alternate LIGHTLY. Jog 1-2 min. + Walk 1 min REPEAT 5X	20 Rest & Stretch	21 WARM UP, then alternate LIGHTLY. Jog 1-2 min. + Walk 1 min REPEAT 5X	22 Rest & Stretch
WEEK #3	23 WARM UP, then alternate MODERATELY. Jog 3-5 min. + Walk 2 min REPEAT 2X	24 WARM UP, then alternate MODERATELY. Jog 3-5 min. + Walk 2 min REPEAT 2X	25 Rest & Stretch	26 WARM UP, then alternate MODERATELY. Jog 3-5 min. + Walk 2 min REPEAT 3X	27 WARM UP, then alternate MODERATELY. Jog 3-5 min. + Walk 2 min REPEAT 3X	28 WARM UP, then alternate MODERATELY. Jog 4-5 min. + Walk 2 min REPEAT 5X	29 Rest & Stretch
WEEK #4	30 Rest & Stretch	31 WARM UP, then MODERATELY. Jog 15 min. OR 1-1.5 mi	1 JAN WARM UP, then MODERATELY. Jog 15 min. OR 1-1.5 mi	2 WARM UP, then LIGHT. Power walk 20 min.	3 Rest & Stretch	4 WARM UP, then MODERATELY. Jog 20 min. OR 1.5-2 mi	5 Rest & Stretch
WEEK #5	6 WARM UP, then MODERATELY. Jog 20 min. OR 1.5-2 mi	7 WARM UP, then alternate HARD. Jog 5-8 min. + Walk 2 min REPEAT 3X	8 WARM UP, then alternate HARD. Jog 5-8 min. + Walk 2 min REPEAT 3X	9 Rest & Stretch	10 Rest & Stretch	11 WARM UP, then MODERATELY. Jog 25 min. OR 2-2.5 mi	12 Rest & Stretch
WEEK #6	13 WARM UP, then alternate HARD. Jog 8-10 min. + Walk 2 min REPEAT 3X	14 WARM UP, then alternate HARD. Jog 8-10 min. + Walk 2 min REPEAT 3X	15 Rest & Stretch	16 WARM UP, then MODERATELY. Jog 30 min. OR 2.5-3 mi	17 WARM UP, then alternate HARD. Jog 8-10 min. + Walk 3 min REPEAT 5X	18 Rest & Stretch	19 WARM UP, then LIGHT. Power Walk 30 min.
WEEK #7	20 WARM UP, then MODERATELY. Jog 30 min. OR 2.5-3 mi	21 WARM UP, then MODERATELY. Jog 30 min. OR 2.5-3 mi	22 Rest & Stretch	23 WARM UP, then MODERATELY. Jog 35 min. OR 3-3.5 mi	24 WARM UP, then IW: 10 sec. SPRINT, 30 Sec WALK, REPEAT 5X, End w/10 Min. Hard Jog	25 WARM UP, then alternate HARD. Jog 12 min. + Walk 3 min REPEAT 4X	26 Rest & Stretch
WEEK #8	27 Rest & Stretch	28 WARM UP, then MODERATELY. Jog 35 min. OR 3 mi	29 WARM UP, then MODERATELY. Jog 40 min. OR 3.5-4 mi	30 Rest & Stretch	31 WARM UP, then IW: 10 sec. SPRINT, 30 Sec WALK, REPEAT 8X, End w/15 Min. Hard Jog	1 FEB WARM UP, then alternate HARD. Jog 15 min. + Walk 3 min. REPEAT 4X	2 Rest & Stretch
WEEK #9	3 Rest & Stretch	4 WARM UP, then IW: 12 sec. SPRINT, 30 Sec WALK, REPEAT 10X, End w/20 Min. Hard Jog	5 WARM UP, then alternate HARD. Jog 20 min. + Walk 3 min REPEAT 3X	6 Rest & Stretch	7 WARM UP, then MODERATELY. Jog 45 min. OR 4-4.5 mi	8 WARM UP, then HARD. Jog 35 min. OR 3-3.5 mi	9 Rest & Stretch
WEEK #10	10 WARM UP, then MODERATELY. Jog 45 min. OR 4-4.5 mi	11 WARM UP, then HARD. Jog 45 min. OR 4-4.5 mi	12 Rest & Stretch	13 WARM UP, then HARD. Jog 50 min. OR 4.5-5 mi	14 Rest & Stretch	15 WARM UP, then HARD. Jog 50 min. OR 4-4.5 mi	16 Rest & Stretch
RACE WEEK	17 WARM UP, then MODERATELY. Jog 50 min. OR 4.5-5 mi	18 WARM UP, then HARD. Jog 35 min. OR 3-3.5 mi	19 Rest & Stretch	20 WARM UP, then HARD. Jog 25 min.	21 Rest & Stretch	22 Rest & Stretch	23 8K RACE DAY



Fri., Feb. 21, 2020, 10:00am – 8:00pm
Sat. Feb. 22, 2020, 6:00am – 5:00pm

GARMIN.



KEY:
WARM UP: 5-10 minutes of light walking/jogging
RACE PACE.: Goal 1 min./mile pace on Race Day
LIGHTLY: Below race pace
MODERATELY: At race pace or better
IW: Interval Workout
SPRINT: All out, hard running