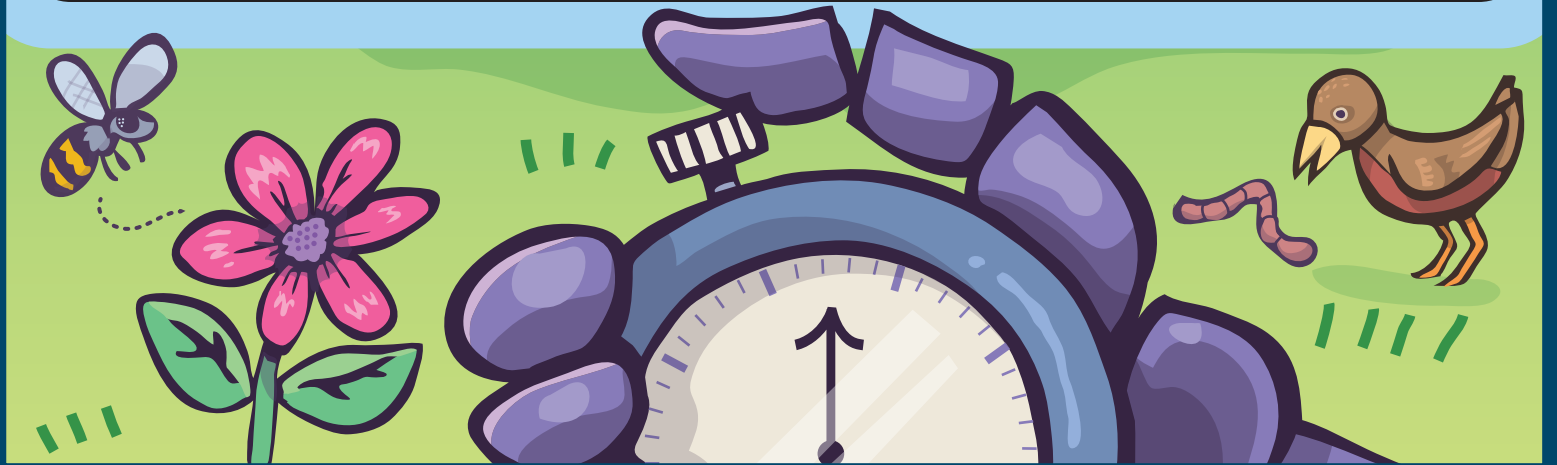




8-WEEK CHALLENGE

www.rseries.ca

| RUNNER | WEEK: 1 | | WEEK: 2 | | WEEK: 3 | | WEEK: 4 | | WEEK: 5 | | WEEK: 6 | | WEEK: 7 | | WEEK: 8 | |
|--------|---------|------|---------|------|---------|------|---------|------|---------|------|---------|------|---------|------|---------|--|
| | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | DAYS | |
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Athletics Alberta 8 Week Running Program

Stretch after each session

Week 1

Day 1: 10 min easy run
Day 2: 16 min easy of 1 min walk, 1 min run
Day 3: 12 min easy run

Week 2

Day 1: 12 min easy run
Day 2: 20 min of 1 min run, 1 min walk or jog
Day 3: 15 min easy run

Week 3

Day 1: 15 min easy run
Day 2: 22 min of 1 min run, 1 min walk or jog
Day 3: 20 min easy run

Week 4

Day 1: 10 min easy run, 4x1:00 min at medium pace with 1:00 min walk for rest, 5 min easy cool down jog
Day 2: 22 min of 1 min run, 1 min walk or jog
Day 3: 25 min easy run

Week 5

Day 1: 10 min easy run, 5x1:00 min at medium pace with 1:00 minute walk for rest, 5 min easy cool down jog
Day 2: 20 min easy run, 4x80m sprints with a walk back
Day 3: 20 min run of 5 min easy, 10 min medium, 5 min easy
Day 4: 30 min easy run

Week 6

Day 1: 12 min easy run, 4x1:30 min at medium pace w/ 1:30 min walk for rest, 5 min easy cool down jog
Day 2: 20 min run, 5x80m sprints with a walk back
Day 3: 24 min of 1 min run, 1 min walk or jog
Day 4: 30 min easy run

Week 7

Day 1: 12 min easy run, 5x1:30min at medium pace w/ 1:30 min walk for rest, 5 min easy cool down jog
Day 2: 25 min easy run, 5x80m sprints with a walk back
Day 3: 20 min run of 5 min easy, 10 min medium, 5 min easy
Day 4: 30 min easy run

Week 8

Day 1: 14 min easy run, 4x2:00 min at medium pace w/ 2:00 min walk for rest, 5 min easy cool down jog
Day 2: 25 min easy run, 5x80m sprints with a walk back
Day 3: 26 min of 1 min run, 1 min walk or jog
Day 4: 35 min easy run

