

## 8 WEEK 12K RUN TRAINING PLAN

### Training for a 12K run? Crush it with this 8 week training plan

#### Managing your effort

In preparation for the run, you're going to start training four weeks before the event and run three days each week with at least one rest day in between. If you need to adjust the exact days, that's fine. Just make sure to maintain your rest days.

The goal of the program is to improve your speed and endurance gradually, with your progress ultimately peaking just in time for your race.

#### Listen to your body

For many of the runs, we'll be using a scale from zero to 10 to manage your level of effort, where zero would be how much effort it takes you to sit in a chair and do nothing. 10 would be your absolute maximum effort.

The beauty of using this scale is it's entirely subjective based on how you're feeling on any given day, which brings up an important point: Throughout your training, it's important to listen to your body and adjust accordingly. It's OK, even encouraged, to tailor this plan to your running experience and goals!

#### HIIT days

You'll also see that one day each week is dedicated to high-intensity interval training (HIIT) as a means of increasing your strength and speed. This particular workout consists of one-minute reps that look like this:

- Run for 30 seconds
- Jog for 20 seconds
- Sprint for 10 seconds

Those reps are then grouped into sets with two-minute walks in between for recovery.

Throughout the course of the program, we'll adjust the number of sets and reps to emphasize different aspects of your fitness.



# 4 WEEK 8K RUN TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	<p><b>Distance Run 5km</b></p> <p>Level of effort 6/10</p>	<p>Rest &amp; Stretch</p>	<p>Warm Up: 5 min jog</p> <p><b>HIIT Session</b></p> <p><b>3 reps x 3 sets</b></p> <p>Cool down: 5 min walk</p>	<p>Rest or Recovery Walk</p>	<p><b>Distance Run 5.5km</b></p> <p>Level of effort 7/10</p>	<p>Rest or Recovery Walk</p>	<p>Rest</p>
<b>WEEK 2</b>	<p><b>Distance Run 5km</b></p> <p>Level of effort 6/10</p>	<p>Rest &amp; Stretch</p>	<p>Warm Up: 5 min jog</p> <p><b>HIIT Session</b></p> <p><b>3 reps x 5 sets</b></p> <p>Cool down: 5 min walk</p>	<p><b>Distance Run 5km</b></p> <p>Level of effort 7/10</p>	<p><b>Distance Run 6.5 km</b></p> <p>Level of effort 7/10</p>	<p>Rest or Recovery Walk</p>	<p>Rest</p>
<b>WEEK 3</b>	<p><b>Distance Run 6km</b></p> <p>Level of effort 7/10</p>	<p>Rest &amp; Stretch</p>	<p>Warm Up: 5 min jog</p> <p><b>HIIT Session</b></p> <p><b>5 reps x 5 sets</b></p> <p>Cool down: 5 min walk</p>	<p><b>Easy Run 30 minutes</b> Level of effort 5/10</p>	<p><b>Distance Run 7.5km</b></p> <p>Level of effort 8/10</p>	<p>Rest or Recovery Walk</p>	<p>Rest</p>
<b>WEEK 4</b>	<p><b>Distance Run 8km</b></p> <p>Level of effort 7/10</p>	<p>Rest &amp; Stretch</p>	<p>Warm Up: 5 min jog</p> <p><b>HIIT Session</b></p> <p><b>3 reps x 5 sets</b></p> <p>Cool down: 5 min walk</p>	<p><b>Easy Run 4km</b> Level of effort 5/10</p>	<p>Rest or Recovery Walk</p>	<p>Rest</p>	<p><b>RACE DAY!</b></p> 

# 8 WEEK 12K RUN TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 5</b>	<b>Distance Run 8.5km</b> Level of effort 6/10	Rest & Stretch	Warm Up: 5 min jog <b>HIIT Session</b> <b>3 reps x 3 sets</b> Cool down: 5 min walk	<b>Easy Run 30 minutes</b> Level of effort Level of effort 5/10	<b>Distance Run 9km</b> Level of effort 7/10	Rest or Recovery Walk	Rest
<b>WEEK 6</b>	<b>Distance Run 9.5km</b> Level of effort 6/10	Rest & Stretch	Warm Up: 5 min jog <b>HIIT Session</b> <b>3 reps x 5 sets</b> Cool down: 5 min walk	<b>Easy Run 30 minutes</b> Level of effort Level of effort 5/10	<b>Distance Run 10km</b> Level of effort 7/10	Rest or Recovery Walk	Rest
<b>WEEK 7</b>	<b>Distance Run 10.5km</b> Level of effort 7/10	Rest & Stretch	Warm Up: 5 min jog <b>HIIT Session</b> <b>5 reps x 5 sets</b> Cool down: 5 min walk	<b>Easy Run 5km</b> Level of effort	<b>Distance Run 11km</b> Level of effort 8/10	Rest or Recovery Walk	Rest
<b>WEEK 8</b>	<b>Distance Run 11.5km</b> Level of effort 7/10	Rest & Stretch	Warm Up: 5 min jog <b>HIIT Session</b> <b>3 reps x 5 sets</b> Cool down: 5 min walk	<b>Easy Run 5km</b> Level of effort	Rest or Recovery Walk	Rest	<b>RACE DAY!</b> 