



'GETTING STARTED' - 8K PROGRAM

This 10 week program is designed to take you from being able to walk for 5k to being able to run/walk for 8k. It is a beginner's program that has a gentle introduction to walking/running. It is perfect for those who want to get off the couch and learn to run, or for those who are walkers but want to push themselves to run/walk an 8k.

If you have questions regarding any of the training programs feel free to contact Bruce Deacon Facebook Messenger or by email at CoachBruce@runvictoriamarathon.com.

10 Weeks to Go (August 4, 2024)

- **Sunday:** 30 minutes of moderate paced walking
- **Monday:** Day off
- **Tuesday:** 10 minutes of easy walking to warm up; 5 X 30 seconds fast walking/30 seconds running; 5 minutes of easy walking to cool down
- **Wednesday:** Day off
- **Thursday:** 10 minutes of easy walking to warm up, 8X30 seconds fast walking/30 seconds running; 10 minutes easy walking to cool down
- **Friday:** Day off
- **Saturday:** 20 minutes of fast paced walking

9 Weeks to Go

- **Sunday:** 40 minutes of moderate paced walking
- **Monday:** Day off
- **Tuesday:** 10 minutes of easy walking to warm up; 5X 1 minute running/1 minute fast walking; 10 minutes of easy walking to cool down
- **Wednesday:** Day off
- **Thursday:** 10 minutes of easy walking to warm up; 8X 1 minute running/1 minute fast walking; 10 minutes of easy walking to cool down
- **Friday:** Day off
- **Saturday:** 30 minutes of fast paced walking

8 Weeks to Go

- **Sunday:** 20 minutes of fast paced walking, 2 continuous sets of (1 minute of running/1 minute easy walking/2 minutes of running/2 minutes fast walking), 5 minutes of easy walking to cool down
- **Monday:** Day off
- **Tuesday:** 10 minutes of easy walking to warm up; 12X 1 minute running/1 minute fast walking, 5 minutes of easy walking to cool down
- **Wednesday:** Day off
- **Thursday:** 10 minutes of moderate walking to warm up, 5X2 minutes running/1 minute walking, 10 minutes of moderate walking to cool down
- **Friday:** Day off
- **Saturday:** 45 minutes of moderate paced walking on hilly route



7 Weeks to Go

- **Sunday:** 10 minutes of easy to moderate walking to warm up, 3 continuous sets of (2 minutes of running/ 1 minute walking/2 minutes of running/1 minute walking), 10 minutes of moderate to easy walking to warm down
- **Monday:** Day off
- **Tuesday:** 10 minutes of moderate walking to warm up, 5 X 1 minute walking/3 minutes running, 5 minutes of cool down
- **Wednesday:** Day off or 30 minutes moderate walking
- **Thursday:** 5 minutes of moderate walking to warm up, 10 X 2 minutes running/1 minute fast walking, 5 minutes of moderate walking to cool down
- **Friday:** Day off
- **Saturday:** 50 minutes fast walking

6 Weeks to Go

- **Sunday:** 5 minutes of moderate walking to warm up, 3 continuous sets of (3 minutes of running/1 minute walking/3 minutes of running/1 minute walking), 5 minutes of moderate walking to cool down
- **Monday:** Day off
- **Tuesday:** 5 minutes of fast walking to warm up, 8X 3 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Wednesday:** Day off or 30 minutes moderate walking
- **Thursday:** 5 minutes of fast walking to warm up, 5 X 4 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Friday:** Day off
- **Saturday:** 60 minutes of fast walking on a hilly route

5 Weeks to Go

- **Sunday:** 5 minutes of moderate walking to warm up, 3 continuous sets of (4 minutes of running/1 minute walking/4 minutes of running/1 minute of walking), 5 minutes of moderate walking to cool down
- **Monday:** Day off
- **Tuesday:** 5 minutes of fast walking to warm up, 4 X 5 minutes running/ 1 minute walking, 5 minutes of fast walking to cool down
- **Wednesday:** Day off or 30 minute moderate to brisk walk
- **Thursday:** 5 minutes of fast walking to warm up, 8 X 4 minutes running/1 minute walking, 5 minutes walking to cool down
- **Friday:** Day off
- **Saturday:** 20 minutes fast walking, test run of 10 minutes, 20 minutes fast walking
The object is to run for 10 minutes without stopping.

4 Weeks to Go

- **Sunday:** 5 minutes of fast walking to warm up, 3 continuous sets of (5 minutes running/1 minute walking/5 minutes running/2 minutes walking), 5 minutes of fast walking to cool down
- **Monday:** Day off
- **Tuesday:** 5 minutes of fast walking to warm up, 3 X 6 minutes running/2 minute walking, 5 minutes of fast walking to cool down
- **Wednesday:** Day off or 30 minutes of moderate walking



- **Thursday:** 5 minutes of fast walking to warm up, 5 X 6 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Friday:** Day off or 30 minutes of fast walking
- **Saturday:** 20 minutes of fast walking, test run of 14 minutes, 20 minutes of fast walking

3 Weeks to Go

- **Sunday:** 5 minutes of fast walking to warm up, 4 X 7 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Monday:** Day off
- **Tuesday:** 5 minutes of fast walking to warm up, 2 X 10 minute run with 2 minute walk between, 5 minutes of fast walking to cool down
- **Wednesday:** Day off or 30 minutes of fast walking
- **Thursday:** 5 minutes of fast walking to warm up, 4 X 7 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Friday:** Day off
- **Saturday:** 15 minutes of fast walking, test run of 16 minutes, 20 minutes of fast walking

2 Weeks to Go

- **Sunday:** 5 minutes of fast walking to warm up, 5 X 8 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Monday:** Day off
- **Tuesday:** 5 minutes of fast walking to warm up, 3X 10 minute run with 2 minute walk between reps, 5 minutes of fast walking to cool down
- **Wednesday:** Day off or 30 minutes of fast walking
- **Thursday:** 5 minutes of fast walking to warm up, 6 X 8 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Friday:** Day off
- **Saturday:** 15 minutes of fast walking, test run of 20 minutes, 20 minutes of fast walking

Race Week

- **Sunday:** 5 minutes of fast walking to warm up, 4 X 8 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Monday:** Day off
- **Tuesday:** 5 minutes of fast walking to warm up, 3 X 6 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Wednesday:** Day off
- **Thursday:** 5 minutes of fast walking to warm up, 4X 3 minutes running/1 minute walking, 5 minutes of fast walking to cool down
- **Friday:** Day off
- **Saturday:** 20 minutes fast walk to loosen up the legs
- **Sunday:** RACE DAY