



## **'PERSONAL BEST' - 8K PROGRAM (10 Weeks)**

This program is for those who have previously run an 8k or 10k race and want to improve their time. It assumes that you can run 10k on week one. The distances are expressed in minutes except for the Sunday long runs.

For this program to work, the easy runs must be run at 30-45 seconds per kilometer slower than your goal pace. That enables you to have the zest in your legs to run the hard workouts at a strong effort. If you run the easy runs too hard, you will not be able to do the quality workouts as they are intended.

If you have questions regarding any of the training programs feel free to contact Bruce Deacon by email at [CoachBruce@runvictoriamarathon.com](mailto:CoachBruce@runvictoriamarathon.com).

### **10 Weeks to Go (August 4<sup>th</sup>, 2019)**

- **Sunday:** 10k easy run
- **Monday:** Day off
- **Tuesday:** 15 minutes easy run to warm up; 5 minutes at 8k goal pace, 5 minutes easy jogging, 5 minutes at 8k goal pace; 10 minutes of easy walking to cool down
- **Wednesday:** Day off
- **Thursday:** 30 minutes run
- **Friday:** 40 minutes run
- **Saturday:** Day off

### **9 Weeks to Go**

- **Sunday:** 12k easy run
- **Monday:** Day off
- **Tuesday:** 15 minutes of easy running to warm up; 8X 1 minute at 5k effort/1 minute easy jogging; 10 minutes of easy running walking to cool down
- **Wednesday:** 30 minutes easy run
- **Thursday:** 40 minutes with 5X 100m at 90% effort with 100m walk rest
- **Friday:** Day off
- **Saturday:** 30-40 minutes easy run

### **8 Weeks to Go**

- **Sunday:** 13k easy run
- **Monday:** Day off
- **Tuesday:** 15 minutes of easy jogging to warm up; 3 X 5 minutes at 8k goal pace with 2 minutes rest, 15 minutes of easy jogging to cool down
- **Wednesday:** 30-40 minutes easy run
- **Thursday:** 45 minutes easy run
- **Friday:** Day off
- **Saturday:** 45 minutes easy run



### **7 Weeks to Go - EASY WEEK**

- **Sunday:** 10k easy run
- **Monday:** Day off
- **Tuesday:** 15 minutes of easy jogging to warm up; 10X 1 minute at 5k effort/1 minute easy jogging; 10 minutes of easy jogging to cool down
- **Wednesday:** Day off
- **Thursday:** 30 minutes easy
- **Friday:** Day off
- **Saturday:** 40 minutes with 5X 100m at 90% effort with 100m walk rest

### **6 Weeks to Go**

- **Sunday:** 14k easy run
- **Monday:** Day off
- **Tuesday:** 15 minutes of jogging to warm up, 16 minute out-and-back tempo run. Run out for 8 minutes, turn around, and run back for 8 minutes trying to cover more distance on the way back than on the way out. 10 minutes of easy jogging to cool down
- **Wednesday:** 30 minutes easy running
- **Thursday:** 15 minutes of running to warm up, 10 minutes at 8k goal pace, 15 minutes of easy running to cool down
- **Friday:** Day off
- **Saturday:** 50 minutes easy on a hilly route

### **5 Weeks to Go**

- **Sunday:** 15k easy run
- **Monday:** Day off
- **Tuesday:** 15 minutes of easy jogging to warm up, 8X100m up a steep hill, walk down recovery, 15 minutes of easy jogging to cool down
- **Wednesday:** 30 minute easy running
- **Thursday:** 15 minutes of jogging to warm up, 10 minutes at 8k effort on hilly route charging the up hills, 15 minutes jogging to cool down
- **Friday:** Day off
- **Saturday:** 50 minutes easy running

### **4 Weeks to Go - EASY WEEK**

- **Sunday:** 12k easy run
- **Monday:** Day off
- **Tuesday:** 15 minutes of easy jogging to warm up, 12 X 100m up a steep hill with walk down recovery 15 minutes of fast walking to cool down
- **Wednesday:** 30 minutes easy
- **Thursday:** 15 minutes of jogging to warm up, 5 X 1 minute up a steep hill with a walk down recovery, 15 minutes jogging to cool down
- **Friday:** Day off
- **Saturday:** 40 minutes easy



### 3 Weeks to Go

- **Sunday:** 15k easy run
- **Monday:** Day off
- **Tuesday:** 15 minutes of jogging to warm up, 4 X 1 mile at 8k pace with 2 minute walk between, 15 minutes of jogging to cool down
- **Wednesday:** 30 minutes easy
- **Thursday:** 15 minutes of jogging to warm up, 5 X 3 minutes at 5k effort with 2 minutes rest, 15 minutes of jogging to cool down
- **Friday:** Day off
- **Saturday:** 50 minutes easy

### 2 Weeks to Go

- **Sunday:** 12k run as 3k easy, 7k brisk to hard, 2k easy
- **Monday:** Day off
- **Tuesday:** 15 minutes of jogging to warm up, 10X 1 minute hard/ 1 minute jogging, 15 minutes of jogging to cool down
- **Wednesday:** 30 minutes easy
- **Thursday:** 20 minutes easy, 4k time trial at 8k pace (choose a marked path, route or running track), 20 minutes easy
- **Friday:** Day off
- **Saturday:** 40 minutes easy

### Race Week - TAPER WEEK

- **Sunday:** 10k easy
- **Monday:** Day off
- **Tuesday:** 15 minutes of jogging to warm up, 5 X 3 minutes at 8k pace, 1 minute rest, 1 minute at 5k pace with 2 minutes between sets, 10 minutes of jogging to cool down
- **Wednesday:** Day off
- **Thursday:** 30 minutes easy
- **Friday:** Day off
- **Saturday:** 15 minutes with 5X100m at 5k effort with 100m jogging to loosen up the legs
- **Sunday:** RACE DAY