



## RUN LIKE A LEGEND



# 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

