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Running 8 Week Build Up Program

Consult your Physician BEFORE beginning this running program!

Week 1

Day	Type of Workout	Warm-Up	# of Intervals	Time/Distance	Pace/Intensity	Rest Interval	Cool Down	Total Miles
1	Rest							
2	Walk			20-40 min	50-60% HR max			
3	Easy Run	5 min		20 min	60-70% HR max	walk 1 min every 10 min	5 min	
4	Walk			20-40 min	50-60% HR max			
5	Easy Run	5 min		20 min	60-70% HR max	walk 1 min every 10 min	5 min	
6	Walk			20-40 min	50-60% HR max			
7	Easy Run	5 min		30 min	60-70% HR max	walk 1 min every 10 min	5 min	

Week 2

Day	Type of Workout	Warm-Up	# of Intervals	Time/Distance	Pace/Intensity	Rest Interval	Cool Down	Total Miles
1	Rest							
2	Walk			20-40 min	50-60% HR max			
3	Easy Run	5 min		25 min	60-70% HR max	walk 1 min every 10 min	5 min	
4	Walk			20-40 min	50-60% HR max			
5	Easy Run	5 min		25 min	60-70% HR max	walk 1 min every 10 min	5 min	
6	Walk			20-40 min	50-60% HR max			
7	Easy Run	5 min		35 min	60-70% HR max	walk 1 min every 10 min	5 min	



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Week 3

Day	Type of Workout	Warm-Up	# of Intervals	Time/Distance	Pace/Intensity	Rest Interval	Cool Down	Total Miles
1	Rest							
2	Walk			20-40 min	50-60% HR max			
3	Easy Run	5 min		25 min	60-70% HR max	walk 1 min every 10 min	5 min	
4	Walk			20-40 min	50-60% HR max			
5	Easy Run	5 min		25 min	60-70% HR max	walk 1 min every 10 min	5 min	
6	Walk			20-40 min	50-60% HR max			
7	Easy Run	5 min		40 min	60-70% HR max	walk 1 min every 10 min	5 min	

Week 4

Day	Type of Workout	Warm-Up	# of Intervals	Time/Distance	Pace/Intensity	Rest Interval	Cool Down	Total Miles
1	Rest							
2	Walk			20-40 min	50-60% HR max			
3	Easy Run	5 min		30 min	60-70% HR max	walk 1 min every 10 min	5 min	
4	Walk			20-40 min	50-60% HR max			
5	Easy Run	5 min		30 min	60-70% HR max	walk 1 min every 10 min	5 min	
6	Walk			20-40 min	50-60% HR max			
7	Easy Run	5 min		45 min	60-70% HR max	walk 1 min every 10 min	5 min	



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Week 5

Day	Type of Workout	Warm-Up	# of Intervals	Time/Distance	Pace/Intensity	Rest Interval	Cool Down	Total Miles
1	Rest							
2	Easy Run	5 min		3 miles	60-70% HR max		5 min	3
3	Walk or Rest							
4	Steady Run	5 min		3 miles	65-75% HR max		5 min	3
5	Walk or Rest							
6	Rest							
7	Easy Run	5 min		4 miles	60-70% HR max		5 min	4

Total Weekly Miles = 10

Week 6

Day	Type of Workout	Warm-Up	# of Intervals	Time/Distance	Pace/Intensity	Rest Interval	Cool Down	Total Miles
1	Rest							
2	Easy Run	5 min		3 miles	60-70% HR max		5 min	3
3	Walk or Rest							
4	Steady Run	5 min		4 miles	65-75% HR max		5 min	4
5	Rest							
6	Easy Run	5 min		2 miles	60-70% HR max		5 min	2
7	Easy Run	5 min		4 miles	60-70% HR max		5 min	4

Total Weekly Miles = 13



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Week 7

Day	Type of Workout	Warm-Up	# of Intervals	Time/Distance	Pace/Intensity	Rest Interval	Cool Down	Total Miles
1	Rest							
2	Easy Run Strides	5 min	6	3 miles 100 meters	60-70% HR max		5 min	3
3	Walk or Rest							
4	Steady Run	5 min		4 miles	65-75% HR max		5 min	4
5	Rest							
6	Easy Run Strides	5 min	6	2 miles 100 meters	60-70% HR max		5 min	2
7	Easy Run	5 min		5 miles	60-70% HR max		5 min	5

Total Weekly Miles = 14

Week 8

Day	Type of Workout	Warm-Up	# of Intervals	Time/Distance	Pace/Intensity	Rest Interval	Cool Down	Total Miles
1	Rest							
2	Easy Run Strides	5 min	6	3 miles 100 meters	60-70% HR max		5 min	3
3	Walk or Rest							
4	Steady Run	5 min		4 miles	65-75% HR max		5 min	4
5	Easy Run Strides	5 min	6	2 miles 100 meters	60-70% HR max		5 min	2
6	Rest							
7	Race	5 min		5K	Best effort		5 min	3.1

Total Weekly Miles = 9 + 5K race

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