



THE RUNNERS SHOP

CARNIVAL RUN 10K



8 WEEK PROGRESSION

Here's your plan for the next 8 weeks.

- Numbers refer to minutes
- **R50** means **run for 50 minutes** & **W5** means **walk 5 minutes**
- **R4x 8+2** means **run 8 minutes, walk for 2 minutes** and **repeat another 3 times for a total of 4**
- **W5 R30 W5 R10** - walk 5, run 30, walk 5 and run 10 for a total of 50 minutes of exercise
- **R10E + 20F + 10E** - run 10 easy, then 20 faster pace, then 10 easy for a total of 40 minutes
- Choose the days of the week that work best for your schedule. Be sure to schedule some rest days in between!

	DAY 1	DAY 2	DAY 3	DAY 4
WEEK 1 Introduction	6k w/ 2x90 sec Hills. Jog down recovery	6k w/ 30sec ON 1 Min OFF x4	6k Easy	REST or cross-train
WEEK 2	7k w/ 8x10 sec Hills. Walk down recovery	7k w/ 1min ON 1min OFF x4	7k Easy	REST or cross-train
WEEK 3	6k w/ 4x30sec Strides. 30sec recovery	6k 2min on 1 min off x4	8k Easy	REST or cross-train

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WEEK 4 Half way there!	DAY 1	DAY 2	DAY 3	DAY 4
	6k w/ 4x60 sec Hills. Jog down recovery	7k w/ 2x1k @10k Pace. 3 min recovery	5k Easy	8k
WEEK 5	DAY 1	DAY 2	DAY 3	DAY 4
	7k w/ 10x12sec Hills. Walk down recovery	8k w/ 3x1k@ 10k Pace. 2 min recovery	5k Easy	9k
WEEK 6	DAY 1	DAY 2	DAY 3	DAY 4
	8k Easy w/ 6x30 sec strides, 30sec recovery	10k w/ 4x1k @10k pace. 2 minute recovery	5k Easy	10k
WEEK 7	DAY 1	DAY 2	DAY 3	DAY 4
	8k Easy w/ 6x30 sec strides, 30 sec recovery	10k Easy w/ 3x1500m@ 10k pace. 3 min recovery	5k Easy	12k
WEEK 8 Home stretch!	DAY 1	DAY 2	DAY 3	DAY 4
	8k	8k Easy w/ 2x1k@ 10k pace 3min recovery	OFF	Race Day. Carnival Run 10K!