

# CARNIVAL RUN 5K



8 WEEK PROGRESSION

### Here's your plan for the next 8 weeks.

- **Run** does not mean **sprint**. You should be "running" at about 60–70% of your maximum effort. Do the talk test! You should be able to talk.
- Start every run with a short warm up of leg swings, easy stretching and a combination of running slowly for 30 seconds and walking for 30 seconds 6 times.
- **P/U** means "**pickup**." This is faster running at ~80% of your max effort. Recover in between each pickup by jogging slowly for 30 seconds.
- Walk breaks are between running times. For example Run 3 min 4x, walk 1 min. between would be; Run 3 min, walk 1 min, four times.

	MON	WED	SAT
WEEK 1 Introduction	Run 3 minutes 4x Walk 1 min. between. Run 2 min. 2x Walk 1 min	Run 3 minutes 4x Walk 1 min. between. Finish with 3x10 second "pick-ups"	Run 3 minutes 6x Walk 1 min. between each
	between. M O N	30 sec. recovery WED	SAT
WEEK 2	Run 4 min 4x Walk 1 min. between Run 3 min. 2x 30 sec. walk	Run 4 min 4x Walk 1 min. between 4x10 second p/u 30 sec. recovery	Run 4 min. 6x Walk 1 min. between recovery
	recovery M O N	WED	SAT
WEEK 3	Run 6 min 3x 1 minute walk between. Run 4 min 2x 30 second walk.	Run 6 min 3x 1 min walk between 4x15 second p/u 30 sec. recovery	Run 6 min 4x Walk 1 min between recovery

#### THE RUNNERS SHOP

## CARNIVAL RUN 5K



#### 8 WEEK PROGRESSION

	MON	WED	SAT
WEEK 4	Run 8 min 3x	Run 8 min 3x	Run 8 min. 4x
	1 min walk	1 min walk	1 min walk
Half way there!	between	between	between
	Run 6 min 1x	5 x 15 sec p/u 30 sec recovery	
	•	30 Sec recovery	
	MON	WED	SAT
	Run 10 min 3x	Run 10 min 3x	Run 10 min 4x
WEEK 5	1 min walk	1 min walk	1 min walk
	between	between ,	between
		5 x 20 sec p/u	
		30 sec recovery	
	MON	WED	SAT
	Run 12 min 2x	Run 12 min 2x	Run 12 min 3
WEEK 6	2 min walk	1 min walk	1 min walk
	between	between	between
		5 x 30 sec. p/u	
		30 sec recovery	
	MON	WED	SAT
	Run 15 min 2x	Run 15 min 2x	Run 15 min 2x
WEEK 7	2 min walk	90 second walk	1 min walk
	between	between	between
		6 x 30 sec p/u 30 sec recovery	
	•	30 sec recovery	
	MON	WED	SAT
	Run 20 min 1x	Run 15 min 2x	Race Day.
WEEK 8	2 min walk	1 min walk	
Home stretch!	between	between	Carnival Run 5k!
	Run 10 min. 1x		