

If you need additional training prior to your 8K training, begin with the 5K training.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	3-mile run & strength	3-mile run	30 min. tempo	3-mile run & strength	Rest	30 min. cross-train	4-mile run
2	3-mile run & strength	3.5-mile run	6 X 400 5K pace	4-mile run & strength	Rest	30 min. cross-train	5-mile run
3	3-mile run & strength	4-mile run	35 min. tempo	3-mile run & strength	Rest	40 min. cross-train	3-mile run
4	3-mile run & strength	4.5-mile run	7 X 400 5K pace	4 mile run & strength	Rest	40 min. cross-train	5-mile run
5	3-mile run & strength	5-mile run	40 min. tempo	3-mile run & strength	Rest	50 min. cross-train	6-mile run
6	3-mile run & strength	5.5-mile run	8 X 400 5K pace	4-mile run & strength	Rest	50 min. cross-train	4-mile run
7	3-mile run & strength	6-mile run	45 min. tempo	3-mile run & strength	Rest	60 min. cross-train	7-mile run
8	3-mile run & strength	3-mile run	4 X 400 5K pace	1-3-mile run	Rest	Rest	8K Race