

## 8K Training Plan – Get ready along with Weather Watch 12 Chief Meteorologist Mark Baden in 10 weeks



- Notes**
- 1. Before you start running**, check with your physician to be sure that you are healthy enough to train for an 8K (4.97 miles).
  - 2. While training, experiment** to find out what works best for you. You may run or walk based on time (20 minutes) instead of distance (2 miles). If you are walking briskly, use 15 minutes per mile.
  - 3. For runners**, don't feel the need to run the entire time. It is most important that you prepare your body to stay active for increasingly longer periods of time. You may use any combination of running and walking that works for you.
  - 4. Feel free to change the schedule** around. This plan is meant to be a guide. It incorporates four days of running or walking per week, two days of rest and one day of cross training to maintain your fitness, while giving your legs a break.
  - 5. Long runs one day a week** are key. These runs may be slower than you are used to compared to other runs during the week.
  - 6. Consider signing up for a 5K race** Aug. 11. This will help you know what to expect on race day for Briggs & Al's Run & Walk for Children's Hospital. For a list of races on Aug. 11 visit [www.badgerlandstriders.org](http://www.badgerlandstriders.org).
  - 7. Have fun!** The key to running is to make it enjoyable. Take care of yourself while you are in training. This includes drinking plenty of water, eating healthy and getting rest.

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Week 1</b>	7/8/2012 rest	7/9/2012 1.5 miles	7/10/2012 rest	7/11/2012 2 miles Badgerland Striders fun run at Greenfield Park	7/12/2012 1.5 miles	7/13/2012 rest or cross train	7/14/2012 2.5 miles
<b>Week 2</b>	7/15/2012 rest or cross train	7/16/2012 1.5 miles	7/17/2012 rest	7/18/2012 2.5 miles Badgerland Striders fun run at Veterans Park	7/19/2012 2 miles	7/20/2012 rest or cross train	7/21/2012 3 miles
<b>Week 3</b>	7/22/2012 rest or cross train	7/23/2012 2 miles	7/24/2012 rest	7/25/2012 3 miles Badgerland Striders fun run at Whitnall Park	7/26/2012 2 miles	7/27/2012 rest or cross train	7/28/2012 3 miles
<b>Week 4</b>	7/29/2012 rest or cross train	7/30/2012 2 miles	7/31/2012 rest	8/1/2012 3.5 miles Badgerland Striders fun run at Estabrook Park	8/2/2012 2 miles	8/3/2012 rest or cross train	8/4/2012 3.5 miles
<b>Week 5</b>	8/5/2012 rest or cross train	8/6/2012 2 miles	8/7/2012 rest	8/8/2012 3.5 miles Badgerland Striders fun run at Minooka Park	8/9/2012 2 miles	8/10/2012 rest or cross train	8/11/2012 5K race or 3.5 miles
<b>Week 6</b>	8/12/2012 rest or cross train	8/13/2012 2.5 miles	8/14/2012 rest	8/15/2012 4 miles Badgerland Striders fun run at Froemming Park	8/16/2012 3 miles	8/17/2012 rest or cross train	8/18/2012 4 miles
<b>Week 7</b>	8/19/2012 rest or cross train	8/20/2012 3 miles	8/21/2012 rest	8/22/2012 4 miles Badgerland Striders fun run at South Shore Park	8/23/2012 3 miles	8/24/2012 rest or cross train	8/25/2012 4.5 miles
<b>Week 8</b>	8/26/2012 rest or cross train	8/27/2012 3 miles	8/28/2012 rest	8/29/2012 4 miles Badgerland Striders fun run at Greenfield Park	8/30/2012 3 miles	8/31/2012 rest or cross train	9/1/2012 5 miles Badgerland Striders build-up run at Lake Park
<b>Week 9</b>	9/2/2012 rest or cross train	9/3/2012 3 miles	9/4/2012 rest	9/5/2012 3 miles Badgerland Striders fun run at Menomonee Park	9/6/2012 2 miles	9/7/2012 rest or cross train	9/8/2012 3 miles
<b>Week 10</b>	9/9/2012 rest or cross train	9/10/2012 2 miles	9/11/2012 rest	9/12/2012 3 miles Badgerland Striders fun run at Fox River Park	9/13/2012 rest	9/14/2012 rest	9/15/2012 Briggs & Al's Run & Walk for Children's Hospital

Find more details at [alsrun.com](http://alsrun.com).

