



Warm up

Neck rotation / Arm circle / Hip circle / Crossover toe touch / Hamstring sweep
Squat to stand / Leg swing / Spot jogging / Jumping jack / High knees

Cooldown

Side body stretch / Wide leg forward stretch / Wide leg back stretch / Calf stretch
Single leg standing hamstring stretch / Deep lunges / Standing quad stretch/
Deep squat stretch

8 weeks training plan.

Week 1

Monday
30 minutes walk

Tuesday
2K easy run/ walk

Wednesday
Rest/ Strength/
Cross training

Thursday
Rest

Friday
3K easy run/ walk

Saturday
Rest/ Strength/
Cross training

Sunday
4K easy run/ walk

Week 2

Monday
30 minutes walk

Tuesday
2K easy run/ walk

Wednesday
Rest/ Strength/
Cross training

Thursday
Rest

Friday
3K easy run/ walk

Saturday
Rest/ Strength/
Cross training

Sunday
5K easy run/ walk

Week 3

Monday
Rest

Tuesday
3K easy run/ walk

Wednesday
Rest/ Strength/
Cross training

Thursday
Rest

Friday
Warm-up: 2 km easy run
Main Set:
• 4 x 100m fast run
• 2 minutes recovery walk/
jog between each

Cool-down: 1 km easy run

Saturday
Rest/ Strength/
Cross training

Sunday
6K easy run/ walk

Week 4

Monday
Rest

Tuesday
3K easy run/ walk

Wednesday
Rest/ Strength/
Cross training

Thursday
Rest

Friday
Warm-up: 2 km easy run
Main Set:
• 6 x 100m fast run
• 2 minutes recovery walk/
jog between each

Cool-down: 1 km easy run

Saturday
Rest/ Strength/
Cross training

Sunday
7K easy run/ walk

Week 5

Monday

Rest

Tuesday

4K easy run/walk

Wednesday

Rest/ Strength/
Cross training

Thursday

Rest

Friday

Warm-up: 2 km easy run
Main Set:
• 3 × 150m fast run
• 2 minutes recovery walk/
jog between each
• 3 × 100m fast run

Cool-down: 1 km easy run

Saturday

Rest

Sunday

8K easy run/walk

Week 6

Monday

Rest

Tuesday

4K easy run/walk

Wednesday

Rest/ Strength/
Cross training

Thursday

Rest

Friday

Warm-up: 2 km easy run
Main Set:
• 6 × 150m fast run
• 2 minutes recovery walk/
jog between each

Cool-down: 1 km easy run

Saturday

Rest

Sunday

10K easy run/walk

Week 7

Monday

Rest

Tuesday

4K easy run/walk

Wednesday

Rest/ Strength/
Cross training

Thursday

Rest

Friday

Warm-up: 2 km easy run
Main Set:
• 8 × 150m fast run
• 2 minutes recovery walk/
jog between each

Cool-down: 1 km easy run

Saturday

Rest/ Strength/
Cross training

Sunday

7K easy run/walk

Week 8

Monday

Rest

Tuesday

4K easy run/walk

Wednesday

Warm-up: 2 km easy run
Main Set:
• 8 × 150m sprints
• 2 minutes recovery walk/
jog between each

Cool-down: 1 km easy run

Thursday

Rest

Friday

Rest

Saturday

2K Shakout run

Sunday

10K race