

BY **GORD HOBBS** – Owner of Gord's Running Store in Calgary, AB  
 @GORDSRUN f GORDS.RUNNING.STORE

## 8 WEEK TRAINING PLAN

| WEEK | MON      | TUES                   | WED | THUR   | FRI            | SAT | SUN                                 |
|------|----------|------------------------|-----|--|----------------|-----|-------------------------------------|
| 1    | Optional | 30-45 min<br>Hilly Run | Off | 4-6<br>Hill Repeats                                | Easy<br>30 min | Off | ¾-1 hour<br>LSD                     |
| 2    | Optional | 45 min<br>FORM         | Off | 6-8<br>Hill Repeats                                | Easy<br>30 min | Off | 1-1 ¼ hour<br>LSD                   |
| 3    | Optional | 45 min<br>Hilly Run    | Off | 4x 800 m<br>repeats at<br>5K pace<br>*rest 60 sec  | Easy<br>30 min | Off | 1 hour<br>LSD                       |
| 4    | Optional | 45 min<br>FORM         | Off | 4x 800 m<br>repeats at<br>5K pace<br>*rest 60 sec  | Easy<br>30 min | Off | 5K trial<br>or<br>1-1 ½ hour<br>LSD |
| 5    | Optional | 15 min<br>Tempo Run    | Off | 10x 400 m at<br>5K pace<br>*rest 30 sec            | Easy<br>30 min | Off | 1 hour<br>LSD                       |
| 6    | Optional | 45 min<br>FORM         | Off | 6x 800 m<br>repeats at<br>5K pace,<br>*rest 60 sec | Easy<br>30 min | Off | 1-1 ½ hour<br>LSD                   |
| 7    | Optional | 45 min<br>Hilly Run    | Off | 12x 400 m at<br>5K pace,<br>*rest 30 sec           | Easy<br>30 min | Off | 1 hour<br>LSD                       |
| 8    | Optional | 30 min<br>FORM         | Off | 4x 400 m<br>repeats at<br>5K pace<br>*rest 90 sec  | Easy<br>30 min | Off | <b>Race Day</b><br><b>10K</b> 🏁     |

## TRAINING TIPS

- **Easy Runs and Optional Days** are only if you feel good and can run easy!
- **Long Slow Distance (LSD)** is at a pace where you can talk comfortably while running.
- For **Hill Repeats**, look for lengths of 300-600 m and a slope gentle enough that you can maintain a nice upright running form. Uphill is the workout, downhill is the rest period.
- **Tempo Runs** are at an intensity in which your breathing feels laboured, but is not your top speed.
- **Intervals** should be run at your 5K race pace. Try to maintain pace as closely as possible and only add 15 seconds to the rest periods to be on pace.
- **Hill Repeats, Tempo and Interval Runs** should start and end with a 10-15 minute warm-up and cool-down run.
- The **5K Time Trial** is only necessary if you feel you need to gauge your progress. Use the result to do any fine-tuning to your program if needed.
- **80/20 Rule:** Try to follow 80 percent of the program and be human 20 percent of the time. Everyone misses the occasional workout. Consistency counts when life happens!