Eight week training schedule

Corewell Health

irishjig 2023

Week 8

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner	Rest/Cross-train	Run 1 min Walk 1 min x8	Rest/Cross-train	Run 1 min Walk 2 min x6	Rest/Cross-train	Run 1 min Walk 2 min x10	Rest
Intermediate	Cross-train 30 to 45 min	Run 5 min Walk 1 min x3	Rest	Run 6 min Walk 1 min x3	Cross-train 30 to 45 min	Run 7 min Walk 1 min x3	Rest
Advanced	Cross-train 45 to 60 min	Run 2 miles easy	Rest	Run 1 mile easy 80 meter sprint x4	Cross-train 45 to 60 min	Run 3 miles easy	Rest

Week 7

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner	Rest/Cross-train	Run 2 min Walk 2 min x7	Rest/Cross-train	Run 2 min Walk 2 min x6	Rest/Cross-train	Run 2 min Walk 2 min x8	Rest
Intermediate	Cross-train 30 to 45 min	Run 7 min Walk 1 min x3	Rest/Cross-train	Run 8 min Walk 1 min x3	Cross-train 30 to 45 min	Run 9 min Walk 1 min x3	Rest
Advanced	Run 2 miles easy, 80 meter sprint x4	Cross-train 45 to 60 min	Run 1 mile warmup, 1/4 mile repeat x2 w/ 3 min jog between, 1 mile cooldown	Run 1 mile easy, 80 meter sprint x6	Cross-train 45 to 60 min	Rest	Run 1 mile warmup, 1/4 mile repeat x4, w/ 3 min recovery, run 1 mile cooldown

Week 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner	Rest/Cross-train	Run 3 min Walk 2 min x6	Rest/Cross-train	Run 3 min Walk 2 min x5	Rest/Cross-train	Run 3 min Walk 2 min x7	Rest
Intermediate	Cross-train 30 to 45 min	Run 10 min Walk 1 min x2	Rest/Cross-train	Run 12 min Walk 1 min x2	Cross-train 30 to 45 min	Run 13 min Walk 1 min x2	Rest
Advanced	Run 3 miles easy	Cross-train 45 to 60 min	Run 1 mile warmup, 1/4 mile repeat x2 w/ 3 min jog between, 2 mile cooldown	Run 2 miles easy, 80 meter sprint x4	Rest	Cross-train 45 to 60 min	Run 1 mile warmup, 1/4 mile repeat x4 w/ 2 min jog between, 2 mile cooldown

Week 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner	Rest/Cross-train	Run 5 min Walk 3 min x4	Rest/Cross-train	Run 5 min Walk 2 min x3	Rest/Cross-train	Run 5 min Walk 3 min x5	Rest
Intermediate	Cross-train 30 to 45 min	Run 14 min Walk 1 min x2	Rest/Cross-train	Run 15 min Walk 1 min Run 5 min	Cross-train 30 to 45 min	Run 16 min Walk 1 min x2	Rest
Advanced	Run 4 miles easy	Cross-train 45 to 60 min	Run 2 mile warmup, 1/4 mile repeat x2 w/ 3 min jog between, 2 mile cooldown	Rest	Run 2 miles easy, 80 meter sprint x5	Run 4 miles easy, 80 meter sprint x6	Run 2 mile warmup, 1/4 mile repeat x4 w/ 3 min jog between, 2 mile cooldown

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner	Rest/Cross-train	Run 8 min Walk 3 min x3	Rest/Cross-train	Run 7 min Walk 3 min x4	Rest/Cross-train	Run 8 min Walk 3 min x3	Rest
Intermediate	Cross-train 30 to 45 min	Run 16 min Walk 1 min x2	Rest/Cross-train	Run 17 min/walk 1 min/run 7 min	Cross-train 30 to 45 min	Run 19 min/walk 1 min/run 7 min	Rest
Advanced	Run 4 miles easy	Cross-train 45 to 60 min	Rest	Run 2 mile warmup, 1/2 mile repeat x2 w/ 3 min jog between, 2 mile cooldown	Run 2 miles easy, 80 meter sprint x6	Run 2 mile warmup, 1/2 mile repeat x4 w/ 3 min jog between, 2 mile cooldown	Run 5 miles easy

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner	Rest/Cross-train	Run 9 min Walk 3 min x3	Rest/Cross-train	Run 8 min Walk 2 min x3	Rest/Cross-train	Run 10 min Walk 3 min x3	Rest
Intermediate	Cross-train 30 to 45 min	Run 20 min Walk 1 min/run 6 min	Rest/Cross-train	Run 24 min	Cross-train 30 to 45 min	Run 26 min	Rest
Advanced	Cross-train 45 to 60 min	Rest	Run 2 mile warmup, 1 mile repeat x2 w/ 3 min jog between, 2 mile cooldown	Run 3 miles easy, 80 meter sprint x4	Run 2 mile warmup, 1 mile repeat x3 w/ 3 min jog between, 2 mile cooldown	Run 6 miles easy	Cross-train 45 to 60 min

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner	Rest/Cross-train	Run 15 min Walk 5 min x2	Rest/Cross-train	Run 15 min Walk 5 min Run 10 min	Rest/Cross-train	Run 20 min Walk 5 min Run 15 min	Rest
Intermediate	Rest/Cross-train	Run 28 min	Rest/Cross-train	Run 30 min	Rest/Cross-train	Run 20 min	Rest
Advanced	Rest	Run 7 miles easy	Cross-train 45 to 60 min	Run 2 mile warmup, 1 mile repeat x3 w/ 3 min jog between, 2 mile cooldown	Run 3 miles easy, 80 meter sprint x6	Run 2 mile warmup, 1 mile repeat x4 w/ 3 min jog between, 2 mile cooldown	Rest

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner	Rest/Cross-train	Run 20 min Walk 5 min Run 15 min	Rest/Cross-train	Run 10 min Walk 3 min Run 20 min	Rest/Cross-train	Rest	**Race day!**
Intermediate	Run 30 min	Cross-train 30 to 45 min	Run 28 min	Cross-train 30 to 45 min	Run 30 min	Rest	**Race day!**
Advanced	Run 5 miles easy	Rest	Run 5 easy 80 meter sprint x4	Run 2 mile warmup, 1.5 mile repeat x2 w/ 3 min jog between, 2 mile cooldown	Run 3 miles easy 80 meter sprint x4	Rest	**Race day!**

What is Cross-training?
The American Council of Exercise defines Cross-training as an exercise regimen that uses several modes of training to develop a specific component of fitness.

Why Cross-train while running?
Improved cardiovascular endurance, strengthening of muscles, and speed up recovery time from injuries.

What Cross-training activities compliment running?
- Soccer
- Swimming
- Rollerblading
- Tennis
- Cross country skiing

What resistance training exercises compliment running?
- Deadlift
- Lunge
- Squat
- Pushup
- Plank variations

Progress resistance training based on level of experience with exercise:
Beginner: 3 sets of 12 to 20 repetitions
Intermediate: 3 to 5 sets of 6 to 12 repetitions
Advanced: 3 to 5 sets of 3 to 6 repetitions