

8 Weeks to Train for the Apple Festival 8K

First time running in a race? Maybe it has been a while. In any case, an 8K, or kilometer race is the perfect race distance for first time runners or runners getting back into it. An 8K is approximately 5 miles and this handy 8-week training guide will get you prepared on track for a fun and rewarding race!

The Apple Festival 8K event will be held on Saturday, September 4. It is a road race that goes through the beautiful neighborhoods of Hendersonville and Laurel Park. It starts and ends on the Pardee Hospital campus.

This training plan lists times only. Don't worry about how many miles you are running, at least for the first few weeks. If you find that you have trouble running, then start with walking at a quick pace. Add running into your walking routine over the first few weeks until you can run for at least 30 minutes.

This plan will have you running four days a week, resting for two and cross-training (CT) one day. Cross-training is exercise other than running. Biking and swimming are good ways to cross-train. Be flexible, realistic and never run until it hurts. Training with a partner or in a group may be a motivation boost. If you have a history of heart or respiratory problems please consult your physician before starting any exercise plan. Most of all have fun!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 (7/11)	rest	15 min	20 min	15 min	rest or CT	20 min	rest or CT
Week 2 (7/18)	15 min	rest	25 min	20 min	rest or CT	25 min	rest or CT
Week 3 (7/25)	20 min	rest	25 min	20 min	rest or CT	30 min	rest or CT
Week 4 (8/01)	2 mi	rest	2 mi	2 mi	rest or CT	40 min	rest or CT
Week 5 (8/08)	3 mi	rest	4 mi	3 mi	rest or CT	50 min	rest or CT
Week 6 (8/15)	4 mi	rest	4 mi	3 mi	rest or CT	60 min	rest or CT
Week 7 (8/22)	4 mi	rest	5 mi	4 mi	rest or CT	50 min	rest
Week 8 (8/29)	5 mi	rest	3 mi	rest	rest	RACE DAY Sept. 4, 2010	celebrate!