



EIGHT WEEK TRAINING PLAN

8-Week Beginner Training Programs | Race Date: Sunday, 13th September 2026



Important Program Notes & Guidelines:

- Training Schedule: Both programs run exactly 3 days a week: Tuesday, Thursday, and Sunday.
- Rest Days: Mondays, Wednesdays, Fridays, and Saturdays are strict recovery days (vital for joint health on paved paths).
- Easy/Recovery Pace: This should be a comfortable, conversational effort where you can speak in full sentences.
- Interval Pacing (18.8k plan): Thursday 'faster efforts' mean picking up the pace to a hard but sustainable breathing rate.



Plan 1: The 9.6km Training Program

Week Number & Dates	Tuesday (Easy)	Thursday (Easy)	Sunday (Long Run)
Week 1 (July 21 – July 26)	3km Easy Run	3km Easy Run	4km Long Run
Week 2 (July 28 – Aug 2)	3.5km Easy Run	3.5km Easy Run	5km Long Run
Week 3 (Aug 4 – Aug 9)	4km Easy Run	3.5km Easy Run	6km Long Run
Week 4 (Recovery) (Aug 11 – Aug 16)	3km Easy Run	3km Easy Run	5km Long Run
Week 5 (Aug 18 – Aug 23)	4km Easy Run	4km Easy Run	7km Long Run
Week 6 (Aug 25 – Aug 30)	4.5km Easy Run	4.5km Easy Run	8km Long Run
Week 7 (Peak) (Sept 1 – Sept 6)	5km Easy Run	4km Easy Run	8.5km Long Run
Week 8 (Race Week) (Sept 8 – Sept 13)	3km Easy Run	2km Gentle Jog	9.6km CONNOR'S RUN!

Plan 2: The 18.8km Training Program

Week Number & Dates	Tuesday (Easy)	Thursday (Intervals/Easy)	Sunday (Long Run)
Week 1 (July 21 – July 26)	5km Easy Run	5km Run (inc. 3x1 min faster)	8km Long Run
Week 2 (July 28 – Aug 2)	6km Easy Run	5km Run (inc. 4x1 min faster)	10km Long Run
Week 3 (Aug 4 – Aug 9)	6km Easy Run	6km Run (inc. 3x2 min faster)	12km Long Run
Week 4 (Recovery) (Aug 11 – Aug 16)	5km Easy Run	5km Easy Run	9km Long Run
Week 5 (Aug 18 – Aug 23)	7km Easy Run	6km Run (inc. 4x2 min faster)	14km Long Run
Week 6 (Aug 25 – Aug 30)	8km Easy Run	6km Run (inc. 5x2 min faster)	16km Long Run
Week 7 (Peak) (Sept 1 – Sept 6)	7km Easy Run	5km Easy Run	17km Long Run
Week 8 (Race Week) (Sept 8 – Sept 13)	5km Easy Run	3km Gentle Jog	18.8km CONNOR'S RUN!

