



3km – 8-Week Training Program

Warm Up: Begin each steady state run by walking the first two minutes, then running 10 minutes easy.

Cool down: Jog for five minutes. Follow this by 6x100m strides.

Week 1			
Day 1	Day 2	Day 3	Day 4
2M at EE (Ae)	2.5M at E (Ae)	2 miles at 75% E (Ae)	2.5M at E (Ae)
Week 2			
Day 1	Day 2	Day 3	Day 4
3M at Ae	5x800m at ME Rest: 3min jog (An, Ae)	4x400m at 75%E Rest: 400m jog between efforts Jog 800m 5x400m at 75% E Rest: 400 jog between efforts	10 min hard run at 75% 400m pace from Day 3
Week 3			
Day 1	Day 2	Day 3	Day 4
4M at Ae	2x1600m at 10km pace 5 min rest between efforts	3M at Marathon pace	3.5M at RE (Ae)
Week 4			
Day 1	Day 2	Day 3	Day 4
3x1200m at 10km pace Rest: 4 mins (Ae)	4M at RE (Ae)	2x1600m at 10km pace Rest: 5 min jog between effort (Ae, An)	3M at Marathon pace (Ae)
Week 5			
Day 1	Day 2	Day 3	Day 4
4M at RE (Ae)	5x200m at 3km pace Rest: 200m jog between efforts (An)	4M at RE pace (Ae)	1M run for time (ME)
Week 6			
Day 1	Day 2	Day 3	Day 4
4x400m at 3km pace Rest: Jog 400m between efforts Jog 800m Repeat (An)	3.5M at RE (Ae)	1M at E 800m jog 4x400m at 3km pace Rest: 400m jog between efforts (Ae, An)	3km Race/Time Trial at ME
Week 7			
Day 1	Day 2	Day 3	Day 4
4M at RE 6 times during run, increase to 3km pace for 30s (Ae)	400m Hip Flexibility 2M walk for time	4M at RE 6 times during run, increase to 3km pace for 30s (Ae)	400m total flexibility 4x800m at 5km pace 4 min jog between efforts 4 sets of 10 curl sit-ups
Week 8			
Day 1	Day 2	Day 3	Day 4
3M at RE 4 times during run, increase to 3km pace for 30s (Ae)	10 mins at RE 4x400m at 3km pace Rest: Jog 400m between efforts (An)	10 mins Easy 3x400m at 3km pace Rest: Jog 400m between efforts (Ae, An)	Championship Race at ME (An)