

PYRAMID RUN 8 WEEK BUILD UP

	Week 1	Week 2	Week 3	Week 4
MON	30 min easy walk/ run zone 1	35 min walk/run zone 1	40 min run zone 1-2	30 min run zone 1-2
TUE	30 min run zone 1-2	35 min run zone 1-2	40 min run zone 1-2	30 min run zone 1-2
WED	30 min trail walk/ jog with a small hill zone1-2	40 min trail uphill, zone 2 walk down , zone 1	40 min trail rolling hills zone 1-2	45 min trail run zone 1-2
THUR	REST DAY	REST DAY	REST DAY	REST DAY
FRI	30 min walk or bike zone 1	<u>core + mobility</u>	<u>core + mobility</u>	<u>core + mobility</u>
SAT	45 min walk/ jog zone 1	55 min walk/ jog zone 1-2	65 min run zone1-2	75 min run zone 1-2
SUN	REST DAY	REST DAY	REST DAY	REST DAY

PYRAMID RUN

8 WEEK BUILD UP

	Week 5	Week 6	Week 7	Week 8
MON	40 min run zone 1-2	45 min run zone 1-2	30 min run zone 1-2	20-30 min run zone 1-2
TUE	40 min run zone 1-2	45 min run zone 1-2	30 min run zone 1-2	20-30 min run zone 1-2
WED	50 min trail inc hills zone 1-2	60 min trail inc hills zone 1-2	45 min trail inc hills zone 1-2	rest or light run
THUR	REST DAY	REST DAY	REST DAY	REST DAY
FRI	<u>core + mobility</u>	<u>core + mobility</u>	<u>core + mobility</u>	stretch / walk
SAT	85 min run zone 1-2	95 min run zone 1-2	75 min run zone 1-2	Hard Labour Day 1 or shake out jog
SUN	REST DAY	REST DAY	REST DAY	Event Day! Pyramid Run