

# PYRAMID RUN 8 WEEK BUILD UP

|      | Week 1                                                    | Week 2                                               | Week 3                                    | Week 4                       |
|------|-----------------------------------------------------------|------------------------------------------------------|-------------------------------------------|------------------------------|
| MON  | 30 min<br>easy walk/ run<br>zone 1                        | 35 min walk/run<br>zone 1                            | 40 min run<br>zone 1-2                    | 30 min run<br>zone 1-2       |
| TUE  | 30 min run<br>zone 1-2                                    | 35 min run<br>zone 1-2                               | 40 min run<br>zone 1-2                    | 30 min run<br>zone 1-2       |
| WED  | 30 min trail<br>walk/ jog with a<br>small hill<br>zone1-2 | 40 min trail<br>uphill, zone 2<br>walk down , zone 1 | 40 min trail<br>rolling hills<br>zone 1-2 | 45 min trail<br>run zone 1-2 |
| THUR | REST DAY                                                  | REST DAY                                             | REST DAY                                  | REST DAY                     |
| FRI  | 30 min walk or bike<br>zone 1                             | <u>core + mobility</u>                               | <u>core + mobility</u>                    | <u>core + mobility</u>       |
| SAT  | 45 min walk/ jog<br>zone 1                                | 55 min walk/ jog<br>zone 1-2                         | 65 min run<br>zone1-2                     | 75 min run<br>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<br>zone 1-2                | 45 min run<br>zone 1-2                | 30 min run<br>zone 1-2                | 20-30 min run<br>zone 1-2             |
| TUE  | 40 min run<br>zone 1-2                | 45 min run<br>zone 1-2                | 30 min run<br>zone 1-2                | 20-30 min run<br>zone 1-2             |
| WED  | 50 min trail inc<br>hills<br>zone 1-2 | 60 min trail inc<br>hills<br>zone 1-2 | 45 min trail inc<br>hills<br>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<br>zone 1-2                | 95 min run<br>zone 1-2                | 75 min run<br>zone 1-2                | Hard Labour Day 1<br>or shake out jog |
| SUN  | REST DAY                              | REST DAY                              | REST DAY                              | Event Day!<br>Pyramid Run             |