

**WEEK #8:**

**PODCAST, EPISODE #8: "THE GRIND"**

***Change for week #8:***

***Day 2/Day 4/Day 7 increasing the run part by 1min. to a total of 4min.!***

***Try to take one less break during the long run!***

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.  
*When you know what you like, stick with it!*
- Day 2: Walk/Run routine as:  
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 4min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk
- Day 3: Cross Training for 20-30min. today  
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:  
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 4min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 2.5-Mile run/jog with breaks; run/jog relaxed for 1.25-mile, break (walk for 1min.), repeat. (Breaks are okay again but try to start limiting your breaks during the long runs e.g. 1-2 instead of 3!)

Day 7:

Walk/Run routine as:

Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 4min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk