

# SHAMROCK

## 8K TRAINING

PRESENTED BY *CEP*



# 4 WEEK TRAINING PLAN

This is an event that everybody can, and should, do. It is a fun way to set a goal, feel good physically AND mentally and celebrate St Patrick's Day - Virginia Beach style. We have outlined a program that everybody, regardless of physical condition, can comfortably complete to ensure an exciting, fun, healthy 8k on Saturday March 15th at the Virginia Beach Oceanfront.

This program is designed for the individual who typically does not consider themselves to be a runner. It involves mostly walking and a combination of walking & running. Feel free to adjust based on how you are feeling, but it is most important that you do not try to do more than you are comfortable with. We also have included a few "weight bearing" exercises to be completed after your run/walk. This is designed to have you finish happy and healthy.

It requires that you commit to move 3 x's a week. If you can do more, even better, but you will be able to complete this program with as little as 1-2 hours a week. For scheduling purposes, we have targeted Monday, Wednesday and Saturday as your 3 days, BUT these can be adjusted to fit comfortably into your "life's" schedule.

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**MONDAY 2/17** Walk 15 minutes. This does not have to be a "fast" walk, just get out the door and get started. Do not let weather keep you from your goal. If it is cold, bundle up, if it is raining, wear a jacket and hat. **YOU CAN DO THIS!** When you are done, do 10 squats, 10 sit ups or crunches (best you can) and 10 push ups (on your knees is fine). Repeat this 3 times for a total of 30 squats, 30 sit ups & 30 push ups.

**WEDNESDAY 2/19** Walk 15 minutes and repeat post run/walk exercise. If you are a little sore from Monday, Congrats, you earned it!

**SATURDAY 2/22** Walk 30 minutes. If possible, try and get out in the morning. The TowneBank Shamrock 8k starts at 7:30am Saturday March 15th. It is good to get used to waking up, getting something to eat, drinking some water and going out so you will be used to it come Shamrock Day.

**GREAT WEEK! THE KEY IS CONFIDENCE AND CONSISTENCY - YOU GOT THIS!**

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**MONDAY 2/24** Walk 25 minutes. If you are comfortable, try an easy 1 minute run after each 5 minute walk. When done do your 10x's squats, push ups, and sit ups 3x's and add 3x's 30 second plank.

**WEDNESDAY 2/26** Walk 30 minutes, again adding 1 minute easy run after 5 minute walking. Repeat exercise routine w/planks.

**SATURDAY 3/1** Happy March, Spring is around the corner and you are jamming! Walk 1 hour. Find a park, boardwalk or pretty place to get out and move. Change it up, so you are not doing the same thing. Do not let yourself get intimidated by 1 hour or let weather discourage you. Invite a friend, take your dog, enjoy the experience and feel confident that you persevered.

**MONDAY 3/3** Walk 30 minutes. If the 1 minute run was doable, try 2 minute run after 5 minutes walking. If you are not comfortable with an easy run, don't do it. There are hundreds of participants that do not ever run. Remember your goal - to FINISH healthy and happy. When done, do your exercises. Can you do 15 of any, 1 minute plank? Challenge yourself.

**WEDNESDAY 3/5** Walk 30 minutes. You should be feeling confident with this. Knock out your exercises and feel good that you have stayed on this for 3 weeks.

**SATURDAY 3/8** 1 week before the BIG DAY. Use this day as a dress rehearsal. Wake up and eat what you know will sit well in your stomach. Check the weather, wear what you could potentially wear next week (make sure you are comfortable) and make sure you drink plenty of water. It wouldn't hurt to drive somewhere to get used to parking, change of clothes etc. Visualize that this is next week. - Walk 1 hour 15 minutes. You will find it is actually no different than walking 1 hour physically. Get this done and next week, with all the hype, thousands of others, course entertainment and support along the way, and the knowledge that you stuck with your goal will be a breeze.

**MONDAY 3/10** SHAMROCK WEEK!!- Walk 30 minutes adding run breaks if comfortable. When done, do 2 sets of 10 squats, 10 push ups, 10 sit up and 30sec planks. Piece of cake now, huh?

**WEDNESDAY 3/12** Walk 20 minutes and do 1 set of 10 squats, 10 push ups, 10 sit ups and 30 sec plank.

**SATURDAY 3/15** Put on your green, mimic your last Saturday routine, put a smile on your face, complete the TowneBank Shamrock 8k and enjoy the post race party. YOU HAVE EARNED IT!!!! CONGRATS!!

**NOW THAT YOU KNOW YOU CAN DO THIS,  
KEEP WALKING/RUNNING/MOVING AS PART OF YOUR LIFESTYLE!**