



Affinity  
Networks

Women's  
Network

## GEWN - GVL SWE Scholarships Virtual Race

### 8k RUN/WALK TRAINING PROGRAM

#### Week 1

- **Day 1:** 2 mile run/walk
- **Day 2:** Strength
- **Day 3:** 2 mile run/walk
- **Day 4:** Strength
- **Day 5:** 3 mile run/walk
- **Day 6:** Crosstrain 30 minutes
- **Day 7:** Recovery/yoga/mobility

#### Week 2

- **Day 1:** 2.5 mile run/walk
- **Day 2:** Strength
- **Day 3:** 2.5 mile run/walk
- **Day 4:** Strength
- **Day 5:** 4 mile run/walk
- **Day 6:** Crosstrain 30 minutes
- **Day 7:** Recovery/yoga/mobility

#### Week 3

- **Day 1:** 3 mile run/walk
- **Day 2:** Strength
- **Day 3:** 3 mile run/walk
- **Day 4:** Strength
- **Day 5:** 5 mile run/walk
- **Day 6:** Crosstrain 30 minutes
- **Day 7:** Recovery/yoga/mobility

#### Week 4

- **Day 1:** 3.5 mile run/walk
- **Day 2:** Strength
- **Day 3:** 3.5 mile run/walk
- **Day 4:** Strength
- **Day 5:** 2 mile run/walk
- **Day 6:** Recovery/yoga
- **Day 7:** Race Day! Run 8k!

