

GATE RIVER RUN

8-WEEK 15K TRAINING PLAN



Build your endurance. Find your rhythm. Arrive ready for 9.3 miles.

START WITH A BASE. BUILD WITH CONFIDENCE.

For runners who already comfortably run or run/walk 2-3 miles. All runs are easy, conversational efforts. Walking breaks count toward the listed distance.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	2 mi	30 min	2 mi	Rest	Walk 30	3 mi
2	Rest	2.5 mi	30 min	2 mi	Rest	Walk 30	4 mi
3	Rest	3 mi	30-40 min	2.5 mi	Rest	Walk 30	5 mi
4	Rest	3 mi	30-40 min	3 mi	Rest	Walk 30	6 mi
5	Rest	3.5 mi	30-40 min	3 mi	Rest	Walk 30	7 mi
6	Rest	4 mi	30-45 min	3 mi	Rest	Walk 30	8 mi
7	Rest	3 mi	30 min	2.5 mi	Rest	Walk 20	6 mi
8	Rest	3 mi	Walk 20	2 mi	Rest	RACE	Recover

Distances are in miles. Wednesday: easy walking, cycling, swimming or elliptical. Saturday walks are in minutes and optional; rest if tired. Week 8: Saturday race = 9.3 miles; Sunday = rest or a gentle walk.

TRAIN SMART. KEEP IT EASY.

RUN BY FEEL

You should be able to speak in sentences. Slow down or use planned run/walk breaks, such as 5 minutes running / 1 minute walking.

PRACTICE FOR THE GATE

From Week 3, include gentle hills on one easy route each week. Keep the effort relaxed. Practice fluids and familiar fuel on long runs.

MAKE SUNDAY SLOW

Build time on your feet, not speed. An 8-mile peak is enough for this plan; you do not need to run all 9.3 miles before race day.

RECOVER AND ADJUST

Mild muscle soreness may occur; sharp pain or pain that changes your stride is a reason to stop. Repeat a week if needed; never double up missed runs.

HOW YOU MAY FEEL Weeks 1-2: finding a routine. Weeks 3-4: growing confidence. Weeks 5-6: more fatigue as distance builds. Weeks 7-8: ease back and arrive rested.