



motive8

# 8KM RUN



**GUIDE**



YOUR JOURNEY TO FITNESS STARTS HERE!

# INTRODUCTION



Welcome to the 16-week 8km running plan. This program is thoughtfully designed to guide you step by step toward achieving your 8K goal. The programme is mainly aimed at beginners and those new to running, if you're a more experienced runner then reach out to your gym team for more advice.

Each week includes a variety of different runs: **EASY RUNS** to build endurance, **SPEED/TEMPO RUNS** to enhance your pace and stamina, **LONG RUNS** to prepare you for race day. **RACE DAY RUNS** to let you know what you should expect come race day.

Complementing your runs are essential warm-up exercises to activate your muscles and cool-down routines with static stretches to aid recovery. This well-rounded approach ensures steady progress, keeps you motivated, and helps you cross the finish line confidently.

If you have any questions about the run or exercises, feel free to reach out to your qualified motive8 professional - we're here to support you every step of the



# EXERCISE PLAN

This running plan includes four different types of runs, each tailored to your fitness level using the RPE (Rate of Perceived Exertion) scale.

**Easy Runs (ER):** Comfortable pace, able to hold a conversation:  
*3-4 / 10 RPE*

**Long Runs (LR):** Slightly slower than easy runs; build endurance:  
*5 / 10 RPE*

**Speed/Tempo Runs (SR):** Moderate intensity to improve pace and stamina:  
*8 / 10 RPE*

**Race Pace Runs (RP):** Race day runs simulate your target race pace:  
*7 / 10 RPE*

**Warm-ups and cool-downs** are essential components of any training program, and this one is no exception. Each session will include a 5-10 minute warm-up to increase blood flow, raise body temperature, and activate muscles, helping to reduce the risk of injury. Similarly, we'll incorporate a 5-10 minute cool-down with static stretches after each run to lower your heart rate, improve flexibility, and prevent stiffness, supporting recovery and overall performance.



# WARM UP

## ACTIVATION

**Exercises to activate (warm up):** After a 5-minute jog or walk, do 5 minutes of dynamic stretches. See the exercises below for guidance.

### LEG SWINGS (30 SECONDS PER LEG)

**How to Do It:** Hold onto a wall or sturdy surface. Swing one leg forward and backward in a controlled motion. Repeat on the other leg.

**Purpose:** Warms up the hip flexors, hamstrings, and glutes.

### HIGH KNEES (30/60 SECONDS)

**How to Do It:** Jog in place, driving your knees high toward your chest while swinging your arms.

**Purpose:** Engages the core, warms up the hip flexors, and raises your heart rate.

### BUTT KICKS (30/60 SECONDS)

**How to Do It:** Jog in place, kicking your heels up toward your glutes while swinging your arms naturally.

**Purpose:** Activates the hamstrings and stretches the quadriceps.





## WALKING LUNGES WITH ARM REACH (30 SECONDS)

**How to Do It:** Take a large step forward into a lunge. Lower your back knee toward the ground, keeping your front knee over your ankle. As you lunge, reach both arms overhead. Alternate legs as you move forward.

**Purpose:** Opens the hip flexors and stretches the lower body dynamically.

## DYNAMIC HIP CIRCLES (30 SECONDS PER SIDE)

**How to Do It:** Stand on one leg and lift the opposite knee to hip level. Rotate your knee outward in a circular motion. Repeat on the other side.

**Purpose:** Mobilises the hips and warms up the stabilising muscles.

## SIDE-TO-SIDE LEG SWINGS (30 SECONDS PER LEG)

**How to Do It:** Stand on one leg and swing the other leg side to side in front of your body. Gradually increase the range of motion.

**Purpose:** Loosens the inner thighs and hips.

## SKIPS (30/60 SECONDS)

**How to Do It:** Perform exaggerated skips, driving your knees high and swinging your arms. Focus on a light, bouncy rhythm.

**Purpose:** Warms up the calves, quads, and core.



**Once you're warmed up and feeling ready,  
pick your run for the day and hit the  
ground running!**



# COOL DOWN

## RECOVERY

**Exercises to Cool Down (Recover):** After your run, finish with a 5-minute jog or walk to gradually lower your heart rate, followed by 5 minutes of static stretching. See the exercises below for guidance.

### HAMSTRING STRETCH (30/45 SECONDS)

**How to Do It:** Sit on the ground with one leg extended straight and the other foot tucked into your inner thigh. Reach toward your toes on the extended leg while keeping your back straight.

**Benefits:** Relieves tension in the hamstrings and improves flexibility.

### QUADRICEPS STRETCH (30/45 SECONDS)

**How to Do It:** Stand on one leg and pull the opposite foot toward your glutes with your hand. Keep your knees close together and hold onto a wall for balance if needed.

**Benefits:** Stretches the front of your thighs and hip flexors.

### CALF STRETCH (30/45 SECONDS)

**How to Do It:** Stand facing a wall with one foot forward and the other extended behind you. Press your back heel into the ground while keeping your front knee slightly bent.

**Benefits:** Loosens tight calves and improves ankle flexibility.





## HIP FLEXOR STRETCH (30/45 SECONDS)

**How to Do It:** Kneel on one knee with the other foot in front, forming a 90-degree angle. Shift your weight forward slightly while keeping your torso upright.

**Benefits:** Loosens tight hips and counteracts the strain of running.

## GLUTE STRETCH (FIGURE FOUR) (30/45 SECONDS)

**How to Do It:** Lie on your back with one ankle crossed over the opposite thigh. Pull the uncrossed leg toward your chest, feeling the stretch in your glutes.

**Benefits:** Relieves tightness in the glutes and lower back.

## IT BAND STRETCH (30/45 SECONDS)


**How to Do It:** Stand with one leg crossed in front of the other. Lean sideways toward the front leg, reaching your arm overhead.

**Benefits:** Stretches the outer thigh and iliotibial (IT) band, which often tightens after running.

## LOWER BACK STRETCH (CHILD'S POSE) (30/45 SECONDS)

**How to Do It:** Kneel on the ground, sit back onto your heels, and stretch your arms forward while lowering your chest to the floor.

**Benefits:** Relaxes the lower back and stretches the spine.



**After stretching, remember to hydrate and refuel your body with a healthy snack!**



# RUNNING PLAN

This 16-week 8km running plan is designed to progressively build your endurance, speed, and confidence. Training is structured into 16 weekly blocks, with three runs per week, incorporating a mix of Easy Runs, Long Runs, Speed/Tempo Runs, and Race Pace Runs. Each session is tailored to your fitness level using the RPE scale (explained below), ensuring gradual improvement while minimising the risk of injury.

RPE SCALE	RATE OF PERCEIVED EXERTION
9-10	<b>ALL OUT PUSH:</b> You can't maintain this pace for more than a couple minutes at most. Basically a flat out sprint.
8	<b>5K PACE:</b> This is a hard effort just below your lactate threshold. Speaking is difficult.
7	<b>10K PACE OR PUSH ZONE:</b> You can't speak more than a few short responses while maintaining this effort.
5-6	<b>MARATHON PACE:</b> This is your endurance zone where you can comfortably maintain a pace for a long time without burning out. You should be able to comfortably talk in this zone.
3-4	<b>VERY LIGHT ACTIVITY:</b> This is a steady walking pace or light recovery jog.
1-2	<b>NOT WORKING OUT:</b> This includes activities like watching TV or day to day life.



**WEEKS 1-4: BUILDING THE BASE**

	 Run 1 - Easy Run	 Run 2 - Speed Run	 Run 3 - Long Run
WEEK 1	2KM @3-4 RPE	4 x 30-sec fast 8/10 RPE with 90-sec walk	3KM @5 RPE
WEEK 2	2.5KM @3-4 RPE	5 x 30-sec fast 8/10 RPE with 90-sec walk	3.5KM @5 RPE
WEEK 3	3KM @3-4 RPE	6 x 45-sec fast 8/10 RPE with 90-sec walk	4KM @5 RPE
WEEK 4	3.5KM @3-4 RPE	6 x 1-min fast 8/10 RPE with 90-sec walk	4.5KM @5 RPE

**WEEKS 5-8: INTRODUCING TEMPO AND RACE PACE**

	 Run 1 - Easy Run	 Run 2 - Tempo Run	 Run 3 - Long Run
WEEK 5	3KM @3-4 RPE	2km @ 7 RPE	5KM @5 RPE
WEEK 6	3.5KM @3-4 RPE	2.5km @ 7 RPE	5.55KM @5 RPE
WEEK 7	4KM @3-4 RPE	3km @ 7 RPE	6KM @5 RPE
WEEK 8	4KM @3-4 RPE	3km @ 7 RPE	6.5KM @5 RPE



**WEEKS 9-12: ADDING RACE PACE RUNS**

	 <b>Run 1 - Easy Run</b>	 <b>Run 2 - Race Pace</b>	 <b>Run 3 - Long Run</b>
WEEK 9	4KM @3-4 RPE	2KM @7/10 RPE	7KM @5 RPE
WEEK 10	4.5KM @3-4 RPE	2.5KM @7/10 RPE	7.5KM @5 RPE
WEEK 11	5KM @3-4 RPE	3KM @7/10 RPE	8KM @5 RPE
WEEK 12	5KM @3-4 RPE	3KM @7/10 RPE	8KM @5 RPE

**WEEKS 13-16: POLISHING AND PEAK TRAINING**

	 <b>Run 1 - Easy Run</b>	 <b>Run 2 - Speed/Tempo</b>	 <b>Run 3 - Long Run</b>
WEEK 13	6KM @3-4 RPE	1KM Easy Pace 4 x 1-min fast - 8 RPE 1-min walk 1Km Easy Pace	8KM @5 RPE
WEEK 14	7KM @3-4 RPE	1KM Easy Pace 5 x 1-min fast - 8 RPE 1-min walk 1Km Easy Pace	8KM @5 RPE
WEEK 15	6KM @3-4 RPE	1KM Easy Pace 6 x 1-min fast - 8 RPE 1-min walk 1Km Easy Pace	8KM @5 RPE
WEEK 16	5KM @3-4 RPE	3km @7/10 RPE	8KM @5 RPE



# CONCLUSION

This 16-week running plan takes you from 0 to 8km with a mix of long runs, speed workouts, tempo efforts, and race pace practice. Complement your runs with cross-training, like walking, yoga, or cycling, to build strength and flexibility while reducing injury risk. Adding strength training for core and lower-body stability can boost your performance. Seek guidance from your local motive8 trainer for a tailored program. Prioritise rest with 1-2 days off each week for recovery, and maintain proper hydration and a balanced diet to fuel your progress. Adjust the plan as needed, stay consistent, and you'll be set to achieve your running goals.



We can't wait to see you all at the start line. Whether you're a seasoned runner or tackling your first-ever run, we're all here for the same purpose self-growth, fitness, and improvement, all while raising money for the amazing cause, Move Against Cancer. Let's smash those goals together, and we'll be cheering you on every step of the way to the finish line!

