

From Fun to
10k!

**Week
THREE!**
June 11-17

**Week
TWO!**
June 18-24

**Week
ONE!**
June 24-30

THEME:

Intervals

Distance

Intervals2

LOAD:

Speed

Mass

Tempo

Mon

rest/cross-train

30min/cross-train

rest/cross-train

Tue

20-40min
incl min 10 min Pacing

20-50 min
incl min 20 min Pacing

20-40min

Wed

Speed-Fartlek
(30 min jogging+ 20 min)

4-8*800m
1 min passive rest

(4)*3*2*1*200m
30 sec walk, 1,5 min set rest

Thu

20-30min

30min

15-30min
(slow!)

Fri

rest/cross-train

40-60min

rest

Sat

5-12k

rest/cross-train

RACE!

Sun

HeyRunning!
- Long Intervals!

HeyRunning!
- People's Run!

Suggestion: Print schedule & put it on your fridge or desktop!

From 21 to
42k!

**Week
THREE!**
June 11-17

**Week
TWO!**
June 18-24

**Week
ONE!**
June 24-30

THEME:

Intervals

Distance

Intervals2

LOAD:

Speed

Mass

Tempo

Mon

30min/rest

30min/cross-train

rest/cross-train

Tue

40-60min
incl min 10 min Pacing

20-50 min
incl min 20 min Pacing

30-50min

Wed

Speed-Fartlek
(30 min jogging+ 20 min)

5-10*800m
1 min passive rest

(4)*3*2*1*200m
30sec walk, 1,5min set rest

Thu

30-50min

30-50min

30min
(slow!)

Fri

cross-train

rest/cross-train

rest

Sat

15-30k
(slow speed)

15-22k
(in race speed)

RACE!

Sun

HeyRunning!
- Long Intervals!

HeyRunning!
- People's Run!

Suggestion: Print schedule & put it on your fridge or desktop!

Schedule explanation!

Intervals!

These sessions aim to increase speed and/or fast endurance. Usually, these are made up of drills between 100-500m for speed, or by Fartlek* drills. 500-1000m for fast pacing!

Runs!

Use the Runs in order to find your own pace. Try to time your rounds to find and maintain your speed for your targeted race distance, or up to 10% faster!

Distance!

Use distance sessions to build up stamina. Be careful not to push yourself too hard, too long. Avoid injuries! Try instead to find a pace that you can maintain for the whole run.

Your choice!

Becoming a good runner is not only about running. Take the opportunity to attend a different sport or activity none or more days every week to keep overall fitness, avoiding injuries and perhaps most importantly (!), building up an urge for your next run!

* **Fartlek:** when you vary your speed during runs in spontaneous or pre planned pace increases (i.e running fast 15 seconds, jogging for a while to catch your breath, then another outburst). Fartlek should be run as long as your pace in outburst are not decreased by exhaustion - i.e do it as long as you feel strong & fast!

Hey! Training & life schedule won't match?
PERFECT! Look at attached schedule only as a reference point. Feel free to change it however you like to match your less sweaty obligations & personal preferences!

Suggestion: Print schedule & put it on your fridge or desktop!