

Tasks : Training plan: 10 km<40'



Read this first!

🗨️ 1



Nurek

a few seconds ago

Avoid 2 consecutive rest days. E.g. run on Tuesday, Wednesday, Thursday, Saturday, Sunday.

Notes:

- This is a 12-week program for those who wants to finish 10k run below 40 minutes.
- There are 5 runs per week. **If you don't have a time for all trainings you can sometime miss T2 from your plan.**
- You should stretch/roll your muscles after every run.
- Do a strenght/core training at least 2 times per week.

Definitions:

- Zone 1 run - easy, comfortable run. During this intensity you should be able to talk with other person.
50-60% of your HR max
- Zone 2 run - 60-70% of your HR max
- Tempo run pace is in square brackets, e.g. [5:05-5:00'/km] means that you should run specific distanse or time with pace between 5:05 and 5:00'/km.
- Zone 3 run - 70-80% of your HR max
- Zone 4 run - 80-90% of your HR max
- Uphill run - find a place with road going uphill. Run uphill 100 m strong and steady pace (high intensity). Turn around and run back (very lightly/easy) to the "start point".
- Passive cross - training in forest or other varied terrain. Run should be comfortable. Don't try to sustain pace when run uphill.
- Active cross - start easy and increase intensity during time. At the end of active cross you should be really tired. The best idea is to run this type of cross on a loop (around 1-2 km). Every lap should be at least few seconds faster than previous one.
- Strides 100m/100m. 1 repetition is:
100 meters fast / 100 meters easy
Fast but not sprint. Concentrate on run technique. Don't land on your heel.

Tasks names consists:


- W# - number of weeks to your race (number goes from 12 to 1 - #1 is your RACE WEEK. This way you can easier calculate in which place of training plan are you today)
- T# - number of training in a week (from 1 to 4 if you have 4 runs per week)
- exercise description



W12 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km



<input type="radio"/>	W12 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:25-4:20'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W12 T3: Zone 1 run 16-18km	☆
<input type="radio"/>	W12 T4: Zone 2 run 10-12km + 10 uphill runs (100m/100m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W12 T5: Zone 1 run 5km + Zone 3 run 8-10 km (4:25-4:20'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W11 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km	☆
<input type="radio"/>	W11 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:25-4:20'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W11 T3: Zone 1 run 16-18km	☆
<input type="radio"/>	W11 T4: Zone 2 run 10-12km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W11 T5: Zone 1 run 4km + Zone 3 run 10-12 km (4:25-4:20'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W10 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km	☆
<input type="radio"/>	W10 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:25-4:20'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W10 T3: Zone 1 run 16-18km	☆
<input type="radio"/>	W10 T4: Zone 2 run 10-12km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W10 T5: Zone 1 run 4km + Zone 3 run 10-12 km (4:25-4:20'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W9 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km	☆
<input type="radio"/>	W9 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:20-4:15'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W9 T3: Zone 1 run 16-18km	☆

<input type="radio"/>	W9 T4: Zone 2 run 10-12km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W9 T5: Zone 1 run 4km + Zone 3 run 10-12 km (4:20-4:15'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W8 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km	☆
<input type="radio"/>	W8 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:20-4:15'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W8 T3: Zone 1 run 16-18km	☆
<input type="radio"/>	W8 T4: Zone 2 run 10-12km + 10 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W8 T5: Zone 1 run 5km + Zone 4 run 2x4km (4:10-4:05'/km) / easy run 8-10' + Zone 1 run 2km 👤 1	☆
	Nurek a few seconds ago	
<hr/> <ul style="list-style-type: none"> • At first run 5km in Zone 1 • Then run twice 4km distance (pace 4:10-4:05'/km) with 8-10' of easy run between repetitions • Cool down - easy run 2km 		
<input type="radio"/>	W7 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km	☆
<input type="radio"/>	W7 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:20-4:15'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W7 T3: Zone 1 run 16-18km	☆
<input type="radio"/>	W7 T4: Zone 2 run 10-12km + 10 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W7 T5: Zone 1 run 5km + Zone 4 run 2x4km (4:10-4:05'/km) / easy run 8-10' + Zone 1 run 2km	☆
<input type="radio"/>	W6 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km	☆



W6 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:20-4:15'/km) + Zone 1 run 2km



W6 T3: Zone 1 run 16-18km



W6 T4: Zone 2 run 10-12km + 10 uphill runs (150m/150m) + Zone 1 run 1-2km



W6 T5: Zone 1 run 5km + Zone 4 run 3x3km (4:05-4:00'/km) / easy run 8-10' + Zone 1 run 2km
🗨️ 1



Nurek
a few seconds ago

- At first run 5km in Zone 1
- Then run three times 3km distance (pace 4:05-4:00'/km) with 8-10' of easy run between repetitions
- Cool down - easy run 2km



W5 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km



W5 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:20-4:15'/km) + Zone 1 run 2km



W5 T3: Zone 1 run 16-18km



W5 T4: Zone 2 run 10-12km + 10 uphill runs (150m/150m) + Zone 1 run 1-2km



W5 T5: Zone 1 run 5km + Zone 4 run 7-8 x 1km (4:00-3:55'/km) / easy run 4' + Zone 1 run 2km
🗨️ 1



Nurek
a few seconds ago

Try to run last two 1km a little bit faster.



W4 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km



W4 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:20-4:15'/km) + Zone 1 run 2km





W4 T3: Zone 1 run 16-18km



W4 T4: Zone 2 run 10-12km + 10 uphill runs (150m/150m) + Zone 1 run 1-2km



W4 T5: Zone 1 run 5km + Zone 4/5 run 4-5 x 1km (3:55-3:50'/km) / easy run 4' + Zone 1 run 2km
👤 1



Nurek
a few seconds ago

Try to run last 1km a little bit faster.



W3 T1: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km



W3 T2: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km



W3 T3: Zone 2 run 6km + 5 x 1'/easy run 2' + Zone 1 run 1km
👤 1



Nurek
a few seconds ago

-
- At first run 6km in Zone 2.
 - Then repeat 5 times -> run fast for 1 minute, run slow for 2 minutes
 - Cool down - easy run 1km.



W3 T4 (Pre race workout): Zone 1 run 5km + 5 strides (100m/100m) + Zone 1 run 1km



W3 T5: TEST - 5 km (min. 19:05-19:15)
👤 1





Nurek
a few seconds ago

Start on 5k. You can find a race or do it on your own:

- Warm up - Easy run 10'
- Rest for a while
- Run 5k with avg pace 3:50'/km

You should finish with time 19:05-19:15. If it was too fast for you and your time at finish line was worse, then you have to repeat trainings from week 4 (W4) for next 2-3 consecutive weeks and try TEST one more time.



W2 T1: Zone 2 run 12-15km



W2 T2: Zone 1 run 5km + Zone 3 run 8-10 km (4:20-4:15'/km) + Zone 1 run 2km



W2 T3: Zone 1 run 16-18km



W2 T4: Zone 2 run 10-12km + 10 uphill runs (150m/150m) + Zone 1 run 1-2km



W2 T5: Zone 1 run 5km + Zone 4 run 7-8 x 1km (4:00-3:55'/km) / easy run 4' + Zone 1 run 2km
🗨️ 1



Nurek
a few seconds ago

Try to run last two 1km a little bit faster.



W1 T1: Zone 2 run 12-14km + 10 strides (100m/100m) + Zone 1 run 1km



W1 T2: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km



W1 T3: Zone 2 run 6km + 5 x 1'/easy run 2' + Zone 1 run 1km
🗨️ 1





Nurek
a few seconds ago

-
- At first run 6km in Zone 2.
 - Then repeat 5 times -> run fast for 1 minute, run slow for 2 minutes
 - Cool down - easy run 1km.



W1 T4 (Pre race workout): Zone 1 run 5km + 5 strides
(100m/100m) + Zone 1 run 1km



W1 T5: RACE DAY 10 km
🗨️ 1



Nurek
a few seconds ago

Warm up, rest for a while and have fun. :)
Run with pace around 4:05-4:00. Try to accerate on last few kilometers and do a strong, fast finish!