

Tasks : Training plan: 10 km<45'



Read this first!

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

Notes:

- This is a 12-week program for those who wants to finish 10k run below 45 minutes.
- There are 4 runs per week.
- 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 40-50'



<input type="radio"/>	W12 T2: Zone 1 run 10' + cross (easy/passive) 45-50' + Zone 1 run 5-10'	☆
<input type="radio"/>	W12 T3: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W12 T4: Zone 1 run 70'	☆
<input type="radio"/>	W11 T1: Zone 2 run 40-50'	☆
<input type="radio"/>	W11 T2: Zone 1 run 15' + 3 short strides + 1-2' rest + cross (active) 40-45' + Zone 1 run 5-10'	☆
<input type="radio"/>	W11 T3: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W11 T4: Zone 1 run 70'	☆
<input type="radio"/>	W10 T1: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W10 T2: Zone 1 run 15' + 3 short strides + 1-2' rest + cross (active) 40-45' + Zone 1 run 5-10'	☆
<input type="radio"/>	W10 T3: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W10 T4: Zone 1 run 70'	☆
<input type="radio"/>	W9 T1: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W9 T2: Zone 1 run 70'	☆
<input type="radio"/>	W9 T3: Zone 2 run 45-50' + 10 uphill runs (50m/50m) + Zone 1 run 5-10'	☆
<input type="radio"/>	W9 T4: Zone 1 run 25-30' + Zone 3 run 6-7 km (5:05-5:00'/km) + Zone 1 run 10'	☆
<input type="radio"/>	W8 T1: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W8 T2: Zone 1 run 70'	☆

<input type="radio"/>	W8 T3: Zone 2 run 45-50' + 6 uphill runs (100m/100m) + Zone 1 run 5-10'	☆
<input type="radio"/>	W8 T4: Zone 1 run 25-30' + Zone 3 run 6-7 km (5:05-5:00'/km) + Zone 1 run 10'	☆
<input type="radio"/>	W7 T1: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W7 T2: Zone 1 run 70-80'	☆
<input type="radio"/>	W7 T3: Zone 2 run 50-55' + 8 uphill runs (100m/100m) + Zone 1 run 5-10'	☆
<input type="radio"/>	W7 T4: Zone 1 run 25-30' + Zone 3 run 7-8 km (5:00-4:55'/km) + Zone 1 run 10'	☆
<input type="radio"/>	W6 T1: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W6 T2: Zone 1 run 70-80'	☆
<input type="radio"/>	W6 T3: Zone 2 run 50-55' + 10 uphill runs (100m/100m) + Zone 1 run 5-10'	☆
<input type="radio"/>	W6 T4: Zone 1 run 25-30' + Zone 3 run 8 km (4:55-4:50'/km) + Zone 1 run 10'	☆
<input type="radio"/>	W5 T1: Zone 2 run 40-50' + 10-15 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W5 T2: Zone 1 run 80-90'	☆
<input type="radio"/>	W5 T3: Zone 2 run 50-55' + 10 uphill runs (100m/100m) + Zone 1 run 5-10'	☆
<input type="radio"/>	W5 T4: Zone 1 run 25-30' + Zone 4 run 5-6 x 1 km (4:35-4:30'/km) / rest 4' + Zone 1 run 10'	☆



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In this training the main task is to learn your race pace
During Zone 4 run:

- 1 km with pace from 4:35 to 4:30'/km
- rest -> easy run for 4 minutes
- repeat above steps 5 or 6 times

Notes:

- 5th repeat should be little faster than 4:30'/km
- 6th repeat should be faster than 5th one :)



W4 T1: Zone 2 run 40-50' + 15 strides (100m/100m) + Zone 1 run 5'



W4 T2: Zone 1 run 80-90'



W4 T3: Zone 2 run 50-55' + 10 uphill runs (100m/100m) + Zone 1 run 5-10'



W4 T4: Zone 1 run 25-30' + Zone 4 run 6-7 x 1 km (4:30-4:25'/km) / rest 4' + Zone 1 run 10'
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In this training the main task is to learn your race pace
During Zone 4 run:

- 1 km with pace from 4:30 to 4:25'/km
- rest -> easy run for 4 minutes
- repeat above steps 6 or 7 times

Notes:

- 6th repeat should be little faster than 4:25'/km
- 7th repeat should be faster than 6th one :)



W3 T1: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'



W3 T2: Zone 2 run 30' + 10 strides (100m/100m) + Zone 1 run 5'





W3 T3 (Pre race workout): Zone 1 run 20-25' + 5 strides (100m/100m) + Zone 1 run 5



W3 T4: TEST - 5 km (min. 21:30-21:45)
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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 4:19'/km

You should finish with time 21:30-21:45. 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 40-50' + 10 strides (100m/100m) + Zone 1 run 5'



W2 T2: Zone 1 run 70-90'



W2 T3: Zone 2 run 50-55' + 10 uphill runs (100m/100m) + Zone 1 run 5-10'



W2 T4: Zone 1 run 25-30' + Zone 4 run 7-8 x 1 km (4:30-4:25'/km) / rest 4' + Zone 1 run 10'
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In this training the main task is to learn your race pace
During Zone 4 run:

- 1 km with pace from 4:30 to 4:25'/km
- rest -> easy run for 4 minutes
- repeat above steps 7 or 8 times

Notes:

- 7th repeat should be little faster than 4:25'/km
- 8th repeat should be faster than 6th one :)



W1 T1: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'





W1 T2: Zone 2 run 40-50' + 10 strides (100m/100m) + Zone 1 run 5'



W1 T3 (Pre race workout): Zone 1 run 20-25' + 5 strides (100m/100m) + Zone 1 run 5'



W1 T4: RACE DAY 10 km
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Warm up - Easy run 10-15' + 5 short strides.

Rest for a while, focus and have fun. :)

Run with pace around 4:35-4:30. Try to accerate on last few kilometers and do a strong, fast finish!