

Tasks : Training plan: 10 km<60'



Read this first!

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a few seconds ago

Don't run e.g. on 3 consecutive days. The best idea is to have 1-2 rest days between every training.

E.g. run on Tuesday, Thursday and Saturday.

Notes:

- This is a 12-week program for beginners who wants to finish 10k run below 60 minutes.
- There are 3 runs per week.
- You should stretch/roll your muscles after every run.
- Do a strenght/core training at least 1 time 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
- Passive cross - training in forest or other varied terrain. Run should be comfortable. Don't try to sustain pace when run uphill.
- 10 strides 100m/100m - do 10 repetitions:
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 3 if you have 3 runs per week)
- exercise description



W12 T1: Zone 1 run 30-40'



W12 T2: Zone 1 run 45-55'




W12 T3: Zone 1 run 55-60'



W11 T1: Zone 1 run 30-40'



<input type="radio"/>	W11 T2: Zone 1 run 45-55'	☆
<input type="radio"/>	W11 T3: Zone 1 run 55-65'	☆
<input type="radio"/>	W10 T1: Zone 1 run 30-40'	☆
<input type="radio"/>	W10 T2: Zone 1 run 55-65'	☆
<input type="radio"/>	W10 T3: Zone 1 run 10' + cross (easy/passive) 20-25' + Zone 1 run 5-10'	☆
<input type="radio"/>	W9 T1: Zone 1 run 30-40' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W9 T2: Zone 1 run 70'	☆
<input type="radio"/>	W9 T3: Zone 1 run 10' + cross (easy/passive) 20-25' + Zone 1 run 5-10'	☆
<input type="radio"/>	W8 T1: Zone 1 run 30-40' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W8 T2: Zone 1 run 70'	☆
<input type="radio"/>	W8 T3: Zone 1 run 10' + cross (easy/passive) 25-30' + Zone 1 run 5-10'	☆
<input type="radio"/>	W7 T1: Zone 1 run 30-40' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W7 T2: Zone 1 run 70-80'	☆
<input type="radio"/>	W7 T3: Zone 1 run 10' + cross (easy/passive) 25-30' + Zone 1 run 5-10'	☆
<input type="radio"/>	W6 T1: Zone 2 run 30-40' (60-70% HRmax) + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W6 T2: Zone 1 run 70'	☆
<input type="radio"/>	W6 T3: Zone 1 run 10' + cross (easy/passive) 25-30' + Zone 1 run 5-10'	☆

<input type="radio"/>	W5 T1: Zone 2 run 30-40' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W5 T2: Zone 1 run 70-80'	☆
<input type="radio"/>	W5 T3: Zone 1 run 10' + cross (easy/passive) 30-35' + Zone 1 run 5-10'	☆
<input type="radio"/>	W4 T1: Zone 2 run 30-40' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W4 T2: Zone 1 run 80'	☆
<input type="radio"/>	W4 T3: Zone 1 run 10' + cross (easy/passive) 30-35' + Zone 1 run 5-10'	☆
<input type="radio"/>	W3 T1: Zone 2 run 30-40' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W3 T2: Zone 2 run 30' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W3 T3: TEST - 5 km (min. 28:45-29:00) 🗨️ 1	☆
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Start on 5k. You can find a race or do it on your own:		
<ul style="list-style-type: none"> • Warm up - Easy run 10' • Rest for a while • Run 5k with avg pace 5:45'/km 		
You should finish with time 28:45-29:00. 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.		
<input type="radio"/>	W2 T1: Zone 2 run 30-40' + 10 strides (100m/100m) + Zone 1 run 5'	☆
<input type="radio"/>	W2 T2: Zone 1 run 60'	☆
<input type="radio"/>	W2 T3: Zone 1 run 10' + cross (easy/passive) 40-45' + Zone 1 run 5-10'	☆
<input type="radio"/>	W1 T1: Zone 2 run 30-40' + 10 strides (100m/100m) + Zone 1 run 5'	☆



W1 T2: Zone 2 run 30' + 10 strides (100m/100m) + Zone 1 run 5'

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Do not overheat on strides. Do it a little bit slower than normally.



W1 T3: RACE DAY 10 km

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Warm up - Easy run 10'.

Rest for a while, focus and have fun :)

Run with pace around 6:00-6:05. Try to accerate on last few kilometers and do a strong, fast finish!