

TRAININGPLAN RUNNING *Speedy Gonzales* Race-Preparation

Master-Race: Tbilisi 10 km 30.9.2018



SmartRunning

Peter M. Gottwald

Week	Week 01/12 9.-15.7.2018	Week 02/12 16.-22.7.2018	Week 03/12 23.-29.7.2018	Week 04/12 30.7.-5.8.2018	Week 05/12 6.-12.8.2018
Monday	Restday	Restday	Restday	Restday	Restday
Tuesday <i>Training 1</i>	Mob./Running-ABC 5x 1 min Easy Running WB each 2 min	Mob./Running-ABC 6x 2 min Easy Running WB each 2 min	Mob./Running-ABC 5x 3 min Easy Running WB each 2 min	Mob./Running-ABC 5x 4 min Easy Running WB each 2 min	Mob./Running-ABC 2x 10 min Easy Running WB 2 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	5x 1 min Easy Running WB each 2 min	6x 2 min Easy Running WB each 2 min	5x 3 min Easy Running WB each 2 min	5x 4 min Easy Running WB each 2 min	2x 10 min Easy Running WB 2 min
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>(Training 3 optional)</i>	5x 1 min Easy Running WB each 2 min	6x 2 min Easy Running WB each 2 min	5x 3 min Easy Running WB each 2 min	5x 4 min Easy Running WB each 2 min	5x 4 min Easy Running WB each 2 min
Amount incl. option Time/ca. km	0:15 h / 2,1 km	0:35 h / 5,1 km	0:45 h / 6,4 km	1:00 h / 8,5 km	1:00 h / 8,5 km



All workouts can be shifted, but **never** change the order!

Ideally you have a restday between two running days!

On restdays no running, but walking, swimming, easy cycling or InLineSkating!

regular workouts optional workouts - Please go for them, whenever possible!

Mob./Running-ABC=Mobilisation/Running-ABC WB=Walking Break

▶ Stretching: 2x per week completely and carefully!

▶ Core strenghtening: 1x per week!

Trainer: Peter Gottwald **SmartRunning**

Phone / Fax +49 / 89 / 910 77 846 www.smartrunning.de info@smartrunning.de

SR Base 7:00 © by SmartRunning 2018

A lot of fun and success!
Peter



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Week	Week 06/12 13.-19.8.2018	Week 07/12 20.-26.8.2018	Week 08/12 27.8.-2.9.2018	Week 09/12 3.-9.9.2018	Week 10/12 10.-16.9.2018
Monday	Restday	Restday	Restday	Restday	Restday
Tuesday <i>Training 1</i>	Mob./Running-ABC 3x 10 min Easy Running WB each 2 min	Mob./Running-ABC 2x 20 min Easy Running WB 2 min	Mob./Running-ABC 3x 15 min Easy Running WB each 2 min	Mob./Running-ABC 2x 25 min Easy Running WB 2 min	Mob./Running-ABC 2x 30 min Easy Running WB 2 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	3x 10 min Easy Running WB each 2 min	2x 20 min Easy Running WB 2 min	3x 15 min Easy Running WB each 2 min	2x 25 min Easy Running WB 2 min Afterwards: 3 AR 100 m	2x 30 min Easy Running WB 2 min Afterwards: 3 AR 100 m
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>(Training 3 optional)</i>	5x 4 min Easy Running WB each 2 min	3x 10 min Easy Running WB each 2 min	3x 10 min Easy Running WB each 2 min	3x 15 min Easy Running WB each 2 min	3x 20 min Easy Running WB each 2 min
Amount incl. option Time/ca. km	1:20 h / 11,4 km	1:50 h / 15,7 km	2:00 h / 17,1 km	2:25 h / 20,7 km	3:00 h / 25,7 km



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regular workouts optional workouts - Please go for them, whenever possible!

Mob./Running-ABC=Mobilisation/Running-ABC WB=Walking Break

AR=Acceleration Run=You increase your speed gradually over a distance of about 100 m from Very Easy Jogging to almost sprint!

➔ Stretching: 2x per week completely and carefully!

➔ Core strenghtening: 1x per week!

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Week	Week 11/12 17.-23.9.2018	Week 12/12 24.-30.9.2018
Monday	Restday	Restday
Tuesday <i>Training 1</i>	Mob./Running-ABC 2x 35 min Easy Running WB 2 min	Mob./Running-ABC 3x 10 min Easy Running WB each 2 min
Wednesday	Restday	Restday
Thursday <i>Training 2</i>	60 min Easy Running Afterwards: 3 AR 100 m	20 min Easy Running
Friday	Restday	Restday
Saturday	Restday	15 min Easy Running Afterwards: 3 AR 100 m
Sunday <i>(Training 3 optional)</i>	2x 30 min Easy Running WB 2 min	YOUR BIG RACE: Tbilisi 10 km
Amount incl. option Time/ca. km	3:10 h / 27,1 km	2:15 h / 19,2 km including your 10-km-race



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Entire Program:
19:35 h = ca. 167,8 km



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REQUIREMENTS TO REALIZE THIS PLAN

- ▶▶ Have your doctor check your health
- ▶▶ Desire to discover and experience a new world
- ▶▶ Ideally your body weight is ok, but a bit of overweight does not matter
- ▶▶ Time to run two to three times a week
- ▶▶ Support of family
- ▶▶ In any case this plan will guide you safely to your 10 km or relay debut
- ▶▶ Ideally a group of runners of the same level