

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 30 min Easy Running	Mob./Running-ABC 2x 20 min Easy Running WB 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
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	2x 17 min Easy Running WB 2 min	2x 20 min Easy Running WB 2 min	Mob./Running-ABC 3x 3 min Easy Running 2x 2 min Speedy 3x 3 min Easy Running WB each 2 min	Mob./Running-ABC 3x 4 min Easy Running 4x 2 min Speedy 3x 4 min Easy Running WB each 2 min	Mob./Running-ABC 2x 5 min Easy Running 5x 2 min Speedy 2x 5 min Easy Running WB each 2 min
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>Training 3</i>	2x 17 min Easy Running WB 2 min	2x 20 min Easy Running WB 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 each 2 min
Amount Time/ca. km	1:38 h / 14,0 km	2:00 h / 17,1 km	1:42 h / 14,5 km	2:02 h / 17,4 km	2:10 h / 18,5 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 tough workouts

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.smarrunning.de info@smarrunning.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>	2x 25 min Easy Running WB 2 min	3x 20 min Easy Running WB each 2 min	3x 20 min Easy Running WB each 2 min	2x 30 min Easy Running WB 2 min	2x 35 min Easy Running WB 2 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	Mob./Running-ABC WU / CD each 10 min 5x 100 m Incline (5-10%) Speedy Walk back to start!	Mob./Running-ABC 2x 10 min Easy Running 8x 1 min Speedy 2x 10 min Easy Running WB each 2 min	Mob./Running-ABC 30 min Fartlek Easy Running The basic speed is Easy Running . Run every 5 min for 30 secs Speedy !	Mob./Running-ABC WU / CD each 10 min 8x 2 min Speedy WB each 2 min	Mob./Running-ABC WU / CD each 10 min 5x 100 m Incline (5-10%) Speedy Walk back to start!
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>Training 3</i>	2x 25 min Easy Running WB 2 min	3x 20 min Easy Running WB each 2 min	3x 20 min Easy Running WB each 2 min	2x 30 min Easy Running WB 2 min	60 min Easy Running
Amount Time/ca. km	2:50 h / 24,2 km	2:48 h / 24,0 km	2:30 h / 21,4 km	2:36 h / 22,2 km	3:20 h / 28,5 km



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Ideally you have a restday between two running days!

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

regular workouts **tough workouts**

Mob./Running-ABC=Mobilisation/Running-ABC WU/CD=WarmUp-Running/CoolDown-Running WB=Walking Break

➤ 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>	60 min Easy Running	Mob./Running-ABC 30 min Easy Running
Wednesday	Restday	Restday
Thursday <i>Training 2</i>	Mob./Running-ABC WU / CD each 10 min 5x 200 m Speedy WB each 3 min	20 min Easy Running
Friday	Restday	Restday
Saturday	Restday	15 min Easy Running Afterwards: 3 AR 100 m
Sunday <i>Training 3</i>	60 min Easy Running	YOUR BIG RACE: Tbilisi 10 km
Amount Time/ca. km	2:30 h / 21,4 km	2:15 h / 19,2 km including your 10-km-race



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 **tough workouts**

Mob./Running-ABC=Mobilisation/Running-ABC WU/CD=WarmUp-Running/CoolDown-Running 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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Entire Program:

28:21 h = ca. 243,0 km



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REQUIREMENTS TO REALIZE THIS PLAN

- ▶▶ Have your doctor check your health
- ▶▶ Easy handling of 20-30 minutes of easy running without break at your personal speed
- ▶▶ If you have gained a certain level of performance by other endurance sports like cycling this is your plan to prepare for a good and enjoyable 10-km-run
- ▶▶ Ideally your body weight is ok, but a bit of overweight does not matter
- ▶▶ Time to run three times a week
- ▶▶ Support of family
- ▶▶ Ideally a bit of Training Experience
- ▶▶ No Race Experience needed
- ▶▶ In any case this plan will guide you safely to your 10 km run
- ▶▶ Ideally a group of runners of the same level