

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 <i>Restweek 1</i>	Week 05/12 6.-12.8.2018
Monday	Restday	Restday	Restday	Restday	Restday
Tuesday <i>Training 1</i>	Mob./Running-ABC WU / CD each 10 min 5x 1.000 m BE 2 high Very Speedy P each 3:00 min	Mob./Running-ABC WU / CD each 10 min 3x 300 m RSE High Intensive P each 90 sec Then 6 min walking! Please repeat this block 3 times!	Mob./Running-ABC WU / CD each 10 min 6x 1.000 m Incline (5-10%) Speedy Run back to start easy!	30 min RECOM Very Easy Jogging	Mob./Running-ABC WU / CD each 10 min 10x 200 m RSE High Intensive P each 3:00 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	30 min BE 1 s Medium Speed	30 min BE 1 s Medium Speed	30 min BE 1 s Medium Speed	30 min RECOM Very Easy Jogging	40 min BE 1 s Medium Speed
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>Training 3</i>	1:15 h BE 1 Easy Running	1:15 h BE 1 Easy Running	1:15 h BE 1 Easy Running Afterwards: 5 AR 100 m	Mob./Running-ABC 60 min BE 1 s Fartlek Medium Speed The basic speed is Medium Speed . Run every 6 min for 60 secs Speedy!	1:30 h BE 1 Easy Running
Amount Time/ca. km	2:45 h / 30,0 km	2:45 h / 30,0 km	3:35 h / 39,0 km	2:00 h / 21,8 km	3:10 h / 34,5 km



All workouts can be shifted, but **never** change the order!
Please follow the order and the days in week 04/12 SpP!

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

regular workouts **tough workouts** **recovery workouts**

Mob./Running-ABC=Mobilisation/Running-ABC WU/CD=WarmUp-Running/CoolDown-Running P=Pause of walking or Very Easy Jogging

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

▶▶ Stretching: 3x per week completely and carefully!

▶▶ Core strenghtening: 1-2x per week!

Trainer: Peter Gottwald **SmartRunning**

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

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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 <i>Restweek 2</i>	Week 09/12 3.-9.9.2018	Week 10/12 10.-16.9.2018 <i>Peakweek 1</i>
Monday	Restday	Restday	Restday	Restday	Restday
Tuesday <i>Training 1</i>	Mob./Running-ABC 1 km <i>Easy Running</i> 1 km <i>Medium Speed</i> 1 km <i>Intensive</i> Then P 5:00 min Please repeat this block 3 times! No break!	Mob./Running-ABC WU / CD each 10 min 8 x 1.000 m BE 2 high <i>intensive</i> P each 3:00 min	30 min RECOM <i>Very Easy Jogging</i>	Mob./Running-ABC WU / CD each 10 min 10x 200 m RSE <i>High Intensive</i> P each 3:00 min	Mob./Running-ABC WU / CD each 10 min 3x 2.000 m BE 2 high <i>intensive</i> P each 3:00 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	40 min BE 1 s <i>Medium Speed</i>	40 min BE 1 s <i>Medium Speed</i>	Mob./Running-ABC 60 min BE 1 s <i>Fartlek</i> <i>Medium Speed</i> The basic speed is <i>Medium Speed</i> . Run every 6 min for 90 secs <i>Speedy!</i>	50 min BE 1 s <i>Medium Speed</i>	60 min BE 1 s <i>Medium Speed</i>
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>Training 3</i>	1:30 h BE 1 <i>Easy Running</i>	1:30 h BE 1 <i>Easy Running</i> Afterwards: 5 AR 100 m	30 min RECOM <i>Very Easy Jogging</i>	1:30 h BE 1 <i>Easy Running</i>	1:30 h BE 1 <i>Easy Running</i>
Amount Time/ca. km	3:10 h / 34,5 km	3:35 h / 39,0 km	2:00 h / 21,8 km	3:20 h / 36,3 km	3:30 h / 38,1 km



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

Please follow the order and the days in week 08/12 SpP and 10/12 SpP!

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

regular workouts tough workouts recovery workouts

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Week	Week 11/12 17.-23.9.2018	Week 12/12 24.-30.9.2018
Day	Peakweek 2	Tapering
Monday	Restday	Restday
Tuesday Training 1	Mob./Running-ABC WU / CD each 10 min 5x 400 m RSE High Intensive P each 400 m	Mob./Running-ABC WU / CD each 10 min 3x 300 m BE 2 low Speedy P each 90 sec Then 6 min walking! Please repeat this block 2 times!
Wednesday	Restday	Restday
Thursday Training 2	60 min BE 1 s Medium Speed	20 min BE 1 s Medium Speed
Friday	Restday	Restday
Saturday	Restday	20 min RECOM Very Easy Jogging Afterwards: 3 AR 100 m
Sunday Training 3	1:30 h BE 1 l Easy Running Afterwards: 5 AR 100 m	YOUR RACE: Tbilisi 10 km
Amount Time/ca. km	3:30 h / 38,1 km	including your 10-km-race 2:15 h / 24,5 km



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Please follow the order and the days in week 11/12 SpP and 12/12 SpP!

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regular workouts **tough workouts** **recovery workouts**

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Entire Special Preparation:

35:35 h = ca. 388,1 km



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EXPLANATION

Code	Description	Definition / Intensity	% HR _{max}	Mean of Training / Method	Function / Target
RECOM	REgeneration + COMpensation	<i>Very Easy Jogging</i>	60 – 70	Endurance Run	Regeneration
BE 1 l = long	Basic Endurance > 90 min	<i>Easy Running</i>	65 – 75	Endurance Run	Improvement Basic Endurance
BE 1 s = short	Basic Endurance < 90 min	<i>Medium Speed</i>	75 – 80	Endurance Run, Fartlek	Improvement Basic Endurance
BE 2 low	Basic Endurance	<i>Speedy</i>	80 – 85	Endurance Run	Strenght Endurance Development
BE 2 high	Basic Endurance	<i>Intensive</i>	85 – 90	Very Speedy Repeats	Strenght Endurance Development Coordination
RSE	Race Specific Endurancetraining	<i>High Intensive</i>	90 – 100	Submaximal Repeats	Strenght Endurance Development Coordination Motor Skills

REQUIREMENTS TO REALIZE THIS PLAN

- ▶▶ Have your doctor check your health
- ▶▶ Easy handling of 1:00 h to 1:30 h of easy running without break at your personal speed
- ▶▶ Personal Best on 10 km at least 50 – maximum 70 minutes
- ▶▶ This plan is great for all those who love the classic distance of 10 km and want to improve their Personal Best.
- ▶▶ Time to run three times a week
- ▶▶ Support of family
- ▶▶ Training Experience for at least 2 – 3 years
- ▶▶ Race Experience
- ▶▶ Professional Approach
- ▶▶ Ideally a group of runners of the same level