

TRAININGPLAN RUNNING *Speedy Gonzales* Special Halfmarathon-Preparation

Master-Race: Tbilisi Halfmarathon 21,1 km 30.9.2018



SmartRunning

Peter M. Gottwald

Week	Week 01/12 SpP 9.-15.7.2018	Week 02/12 SpP 16.-22.7.2018	Week 03/12 SpP 23.-29.7.2018	Week 04/12 SpP 30.7.-5.8.2018 <i>Restweek 1</i>	Week 05/12 SpP 6.-12.8.2018
Monday	Restday	Restday	Restday	Restday	Restday
Tuesday <i>Training 1</i>	Mob./Running-ABC WU / CD each 10 min 3x 1.000 m BE 2 high Very Speedy 4x 500 m BE 2 high Very Speedy 4 AR 100 m 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 5x 1.000 m Incline (5-10%) Speedy Run back to start easy!	30 min RECOM Very Easy Jogging	Mob./Running-ABC Pyramid <ul style="list-style-type: none"> • 10 min <i>Easy Running</i> • 6 min <i>Medium Speed</i> • 3 min <i>Speedy</i> • 2 min <i>Intensive</i> • 3 min <i>Speedy</i> • 6 min <i>Medium Speed</i> • 10 min <i>easy Running</i> In between each sector 2 min of min of Very Easy Jogging!
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	80 min BE 1 s Medium Speed	80 min BE 1 s Medium Speed	80 min BE 1 s Medium Speed	30 min RECOM Very Easy Jogging	90 min BE 1 s Medium Speed
Friday <i>Training 3</i>	60 min BE 1 s Medium Speed	60 min BE 1 s Medium Speed	60 min BE 1 s Medium Speed	Restday	70 min BE 1 s Medium Speed
Saturday <i>Training 4</i>	Change of Speed BE 1 s / BE 2 low 2 km 2 km 2 km 2km 2 km	Change of Speed BE 1 s / BE 2 low 2 km 2 km 2 km 2km 2 km	Mob./Running-ABC WU / CD each 15 min 10x 30 secs all out (all out = full sprint 100%) Exactly 4 min of Very Easy Jogging in between each sector!	Mob./Running-ABC WU / CD each 10 min 4x 500 m BE 2 high Very Speedy 6x 300 m BE 2 high Very Speedy 4x 200 m RSE High Intensive P each 3:00 min	Change of Speed BE 1 s / BE 2 low 3 km 3 km 3 km 3 km 3 km
Sunday <i>Training 5</i>	2:00 h BE 1 l Easy Running	2:00 h BE 1 l Easy Running	2:00 h BE 1 l Easy Running Every 30 min 4 AR 100 m	Restday	2:15 h BE 1 l Easy Running
Amount Time/ca. km	6:30 h / 78,0 km	6:15 h / 75,0 km	7:10 h / 86,0 km	2:30 h / 30,0 km	7:10 h / 86,0 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

SR Base 5:00 © by SmartRunning 2018

A lot of fun and success!
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Week	Week 06/12 SpP 13.-19.8.2018	Week 07/12 SpP 20.-26.8.2018	Week 08/12 SpP 27.8.-2.9.2018 <i>Restweek 2</i>	Week 09/12 SpP 3.-9.9.2018	Week 10/12 SpP 10.-16.9.2018 <i>Peakweek 1</i>
Monday	Restday	Restday	Restday	Restday	Restday
Tuesday <i>Training 1</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	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 10x 1.000 m BE 2 high <i>intensive</i> P each 3:00 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	90 min BE 1 s <i>Medium Speed</i>	90 min BE 1 s <i>Medium Speed</i>	Mob./Running-ABC WU / CD each 10 min 5x 400 m RSE <i>High Intensive</i> P each 400 m	90 min BE 1 s <i>Medium Speed</i>	90 min BE 1 s <i>Medium Speed</i>
Friday <i>Training 3</i>	70 min BE 1 s <i>Medium Speed</i>	70 min BE 1 s <i>Medium Speed</i>	Restday	80 min BE 1 s <i>Medium Speed</i>	80 min BE 1 s <i>Medium Speed</i>
Saturday <i>Training 4</i>	Change of Speed BE 1 s / BE 2 low 3 km 3 km 3 km 3 km 3 km	Mob./Running-ABC WU / CD each 15 min 10x 30 secs all out Exactly 4 min of Very Easy Jogging in between each sector!	30 min RECOM <i>Very Easy Jogging</i>	Change of Speed BE 1 s / BE 2 low 5 km 5 km 3 km 3 km 3 km	Change of Speed BE 1 s / BE 2 low 5 km 5 km 3 km 3 km 3 km
Sunday <i>Training 5</i>	2:15 h BE 1 l <i>Easy Running</i>	2:15 h BE 1 l <i>Easy Running</i> Afterwards: 5 AR 100 m	Restday	2:15 h BE 1 l <i>Easy Running</i>	2:15 h BE 1 l <i>Easy Running</i>
Amount Time/ca. km	7:10 h / 86,0 km	7:15 h / 87,0 km	2:00 h / 24,0 km	7:40 h / 92,0 km	8:20 h / 100,0 km



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

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regular workouts tough workouts recovery workouts

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➤ Stretching: 3x per week completely and carefully!

➤ Core strenghtening: 1-2x per week!

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Week	Week 11/12 SpP 17.-23.9.2018 <i>Peakweek 2</i>	Week 12/12 SpP 24.-30.9.2018 <i>Tapering</i>
Monday	Restday	Restday
Tuesday Training 1	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 4 km BE 2 low Speedy
Wednesday	Restday	Restday
Thursday Training 2	90 min BE 1 s Medium Speed	30 min BE 1 s Medium Speed
Friday Training 3	80 min BE 1 s Medium Speed	Restday
Saturday Training 4	Change of Speed BE 1 s / BE 2 low 6 km 6 km 3 km 3 km 3 km	30 min RECOM Very Easy Jogging Afterwards: 5 AR 100 m
Sunday Training 5	2:15 h BE 1 l Easy Running last 10 min BE 2 low	YOUR RACE: Tbilisi Halfmarathon 21,1 km
Amount Time/ca. km	7:50 h / 94,0 km	3:45 h / 38,0 km



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

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Entire Special Preparation:

73:35 h = ca. 883,0 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 2:30 h of easy running without break at your personal speed
- ▶▶ Personal Best on 10 km at least 45 – maximum 55 minutes or halfmarathon well below 1:40 h
- ▶▶ Time to run five times a week
- ▶▶ Support of family
- ▶▶ Training Experience for at least 3 – 5 years
- ▶▶ Race Experience
- ▶▶ Professional Approach
- ▶▶ Ideally a group of runners of the same level