

HOW TO RUN FASTER FOR LONGER // PLAN



Important: Keep training diary!

December 2-3 endurance runs per week according to your mood over varying distances between 6 and 15km - also vary the pace according to your mood
January 3-4 runs per week; every 2 weeks a 20km run at a steady pace (2x a month)

Generally it is effective: to do one stability/strengthening workout per week on rest days; ideally, not on days before a long running session
 to do coordination exercises for about 15 mins and 3-5 strides (progression runs) before every tempo run

PLEASE NOTE: The specified training times are purely examples and correspond to a training plan for a marathon target time sub 3:30 h (sub 5 min. pace)

Cycle I (Beginning of February until mid-march)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions
Week 1 //	1 h easy Endurance Run	Rest day	1 h easy-medium End. Run undulating (run. uphill)	Rest day	1 h easy End. Run	Tempo End. Run 10 km	30-45 min. easy End. Run + easy uphill run	5
Week 2 //	Rest day	Tempo Run (I), just 8-10x but 1:25-1:20 h	Rest day	Rest day	1:15-1:30 h easy End. Run	Rest day	2 h easy-medium End. Run	3
Week 3 //	1 h easy Endurance Run	Rest day	1 h easy-medium End. Run undulating (run. uphill)	Rest day	30-45 min. easy End. Run followed by 5 x 100m hill reps	Fartleg 10 km	Rest day	4
Week 4 //	30-45 min. very easy-end. Run + easy uphill run	Tempo Run (I), just 8-10x but 1:25-1:20 h	1 h very easy End. Run	Rest day	1 h easy End. Run	Tempo Run (II), but just 4-5 reps (4:15-4:00 mins.)	Rest day	5
Week 5 //	1 h easy Endurance Run	Rest day	45 min. very easy End. Run	1 h easy-medium End. Run undulating (run. uphill)	30-45 min. very easy End. Run	Rest day	2 h very calm End. Run	5
Week 6 //	1 h easy End. Run + easy uphill run	1:30 h very easy-end. Run	Rest day	Rest day	30-45 min. very easy End. Run + easy uphill run or swap with Sat.	10 km Tempo Run / Race Target sub 44:00 mins. or swap with Fri.	Rest day	3 + 1 Race



Paces for Cycle I (ideally, these paces will improve for Cycle II):

veER (long j.) = max 5:50 mins/km **mER** = 5:10-4:55 mins/km
eER = max 5:15 mins/km **TER** = 4:50-4:40 mins/km

TR-programs: (I) 400m (12-15x) = 1:36-1:30 P = 1-1:30 min.
 (II) 1000m (6-8x) = 4:30-4:15 P = 2-3 min.

(III) 2000m (3-4x) = 9:20-9:00 P = 3-4 min.
 (IV) 3000m (3x) = 14:15-14:00 P = 3-4 min.

P = Pause

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Cycle II (Mid-March till end of April)

The remaining time is mainly for recovery...Have fun running!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions
Week 1 //	Rest day	1 h easy End. Run	Tempo Run (II or III)	1 h very easy-easy End. Run	Rest day	1 h easy-medium End. Run <i>undulating</i> (running uphill)	2:30 - 3:00 h very easy-medium End. Run (at least 30km)	5
Week 2 //	Rest day	30-45 min. very easy End. Run	Rest day	1 h very easy End. Run	Rest day	30-45 min. easy End. Run followed by 5x100 m easy hill reps	2:30 - 3:00 h very easy-medium End. Run (at least 30km)	4
Week 3 //	Rest day	1 h very easy End. Run	Tempo Run(IV)	1 h very easy End. Run	Rest day	1 h easy-medium End. Run <i>undulating</i> (running uphill)	2:15 - 2:45 h End. Run with a clear pace progression (at least 30 km)	5
Week 4 //	Rest day	1 h very easy-easy End. Run	Rest day	30-45 min. easy End. Run (can be postponed 1 day)	Rest day	1 h calm-medium End. Run <i>undulating</i> (running uphill)	2 h very easy-easy End. Run	4
Week 5 //	1 h very easy End. Run	Fartleg 10km	30-45 min. easy End. Run followed by 5x100 m easy hill reps	Rest day	Rest day	30-45 min. easy End. Run	Half Marathon Race Target sub 1:40 h	4 + 1 Race
Week 6 //	Rest day	1-1:15 h easy End. Run	Tempo Run (I) 8-10x	Rest day	30-45 min. easy End. Run	Tempo End. Run 10-12 km	30-45 min. easy End. Run	5