

Running schedule 10 km Advanced

• General preparation period

Begin: 20 weeks for the eventual aim.

End: 12 weeks for the eventual aim.

Therefore number of weeks: maximum 8.

How frequently	What and how	How long
2 x per week	long quiet endurance training speed 1	60 up to 90 minutes *
2 x per week	average endurance training speed 2	45 up to 60 minutes
2 x per three weeks	average endurance training speed 2	30 up to 45 minutes
<u>At most</u> 1 x per 3 weeks	intensive endurance training speed 3	30 up to 45 minutes

* Explanation: not immediately the first week 90 minutes, but quietly builds per week.

• Specific preparation period

Begin: 12 weeks for the eventual aim.

End: 6 weeks for the eventual aim.

Therefore number of weeks: 6.

How frequently	What and how	Time/distance
1 x per week	long quiet endurance training speed 1	60 up to 90 minutes
2 x per week	average endurance training speed 2	45 up to 60 minutes
1 x per two weeks	intensive endurance training speed 3	30 up to 45 minutes
1 x per two weeks	fartlek training	
1 x per week	interval training: extensive long *	distance 2 to 4 miles

* Explanation: Speed: 95% (first 3 weeks) en 100% (last 3 weeks).
 Distances: 600m 800m 1000m 1500m 1690m 2000m. Example 5x 1500m.
 Pause: effort time:pause proportion 1:0,5 to dribble.

• Intensive period

Begin: 6 weeks for the eventual aim.

End: 2 weeks for the eventual aim.

Therefore number of weeks: 4.

How frequently	What and how	Time/distance
1 x per week	long quiet endurance training speed 1	60 up to 90 minutes
1 x per week	quiet endurance training speed 1	30 up to 45 minutes
1 x per week	average endurance training speed 2	45 up to 60 minutes
1 x per week	interval training: intensive long *	distance 2 to 4 miles
1 x per week	interval training: int. and ext. short **	distance 2 to 3 miles

* Explanation: Speed: 105%
 Distance: 600m 800m 1000m 1690m 1500m. Example 4x 1000m.
 Pause: effort time:pause proportion 1:2 to dribble.

** Explanation: Speed: extensive (first 3 weeks) and intensive (week 4 and 5).
 Distance: 100m 200m 300m 400m. Example 10x 400m.
 Pause: 60 à 90 sec. to dribble (ext.) and 2 à 3 min. to dribble (int.)

The last two weeks

- **Method 1**

- Nine/ten days before the race you do an intensive short interval training.
- About six days before the race you do a Fartlek training of 50 minutes.
- 1 or 2 days before the race you do an duration training on speed 1 or 2. Reduce the scope.
- A day before the race you run half-hour quietly. Do also some small accelerations.

- **Method 2**

Reduce the training scope with 80 up to 90 percent in the week before the race, in other words do only 10 up to 20 percent of what you have done the heaviest week. Do also this last week 400 meters intervals in 6.2 miles (10km) speed. Beginning the week with 6/7 repeats. Do each day one less. Finite two days for the race with two repeats. The last day does you nothing.