

## Running schedule 10 km beginners (max. 4 trainings per week)

### • General preparation period

Begin: 12 weeks for the eventual aim.

End: 7 weeks for the eventual aim.

Therefore number of weeks: 5.

How frequently	What and how	How long
1 x per week	long quiet endurance training speed 1	50 up to 70 minutes*
2 x per week	average endurance training speed 2	30 up to 45 minutes
1 x per two weeks	average endurance training speed 2+	25 up to 35 minutes**
* Explanation: not immediately the first week 70 minutes, but quietly builds per week.		
** Explanation: a little more rapidly than speed 2.		

### • Specific preparation period

Begin: 7 weeks for the eventual aim.

End: 3 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	50 up to 70 minutes
1 x per week	average endurance training speed 2	30 up to 45 minutes
1 x per two weeks	average endurance training speed 2+ *	25 up to 35 minutes
1 x per week	interval training: extensive long **	total 20 minutes
* Explanation: Or race (not fast).		
** Explanation: Speed: 95% (first 2 weeks) en 100% (last 2 weeks). Times: 8 x 2 min (1) or 3 x 5 min (2). Pause: Between ( ). How: to dribble.		

### • Intensive period

Begin: 3 weeks for the eventual aim.

End: 1 weeks for the eventual aim.

Therefore number of weeks: 2.

How frequently	What and how	Time/distance
1 x per week	long quiet endurance training speed 1*	50 up to 70 minutes
1 x per week	quiet endurance training speed 1	30 up to 45 minutes
1 x per week	average endurance training speed 2	30 up to 45 minutes
1 x per week	interval training: extensive long **	total 40 minutes
* Explanation: On end of the training: 5 x 100m (pause: 100m to dribble).		
** Explanation: Speed: 100% Times: 4 x 5 min (2) or 2 x 10 min (4). Pause: Between ( ). How: to dribble.		

**The last week**

- Halfway the week you do a Fartlek training for a half hour, you run regularly the speed that you wants during the race.
- A day before the race you run 20 minutes quietly. Do also some small accelerations.