

Running schedule 15 km and 10 EM half advanced

- **General preparation period**

Begin: 16 weeks for the eventual aim.

End: 10 weeks for the eventual aim.

Therefore number of weeks: 6.

How frequently	What and how	How long
1 x per week	long quiet endurance training speed 1	50 up to 80 minutes *
1 x per week	quiet endurance training speed 1	40 up to 50 minutes
2 x per week	average endurance training speed 2	35 up to 50 minutes
<u>At most</u> 1 x per 3 weeks	intensive endurance training speed 3	25 up to 40 minutes

* Explanation: not immediately the first week 80 minutes, but quietly builds per week.

- **Specific preparation period**

Begin: 10 weeks for the eventual aim.

End: 5 weeks for the eventual aim.

Therefore number of weeks: 5.

How frequently	What and how	Time/distance
1 x per week	long quiet endurance training speed 1	50 up to 80 minutes
1 x per week	average endurance training speed 2	35 up to 50 minutes
1 x per week	fartlek training *	45 minutes
1 x per week	interval training: extensive long **	distance 2 to 4 miles

* Explanation: 15 min (endurance speed 2) 15 min (speed 3) 15 min (speed 2)

** Explanation: Speed: 95% (first 3 weeks) en 100% (last 2 weeks).
Distances: 600m 800m 1000m 1500m 1690m 2000m. Example 5x 1500m.
Pause: effort time:pause proportion 1:0,5 to dribble.

- **Intensive period**

Begin: 5 weeks for the eventual aim.

End: 2 weeks for the eventual aim.

Therefore number of weeks: 3.

How frequently	What and how	Time/distance
1 x per week	long quiet endurance training speed 1 *	50 up to 80 minutes
1 x per week	average endurance training speed 2	40 up to 50 minutes
1 x per week	fartlek training	35 up to 50 minutes
1 x per week	interval training: extensive long **	distance 4 to 6 miles

* Explanation: On end of the training: 5 x 100m (pause: 100m to dribble).

** Explanation: Speed: 100%
Distance: 600m 800m 1000m 1500m 2000m. Example 2x (2x 2000m).
Pause: effort time:pause proportion 1:0,5 to dribble.

The last two weeks

- The first week you run 50 percent of the training scope of heaviest week.
- A week before the race you do a firm 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 what small accelerations.