

MOM IN BALANCE | RUNNING SCHEME 10 KM

FOR WHOM

- You are used to running multiple times a week independently.
- With this scheme, we assume that you participate in the Mpower workouts and are in good shape.
- You have already run a 10 km race multiple times and your goal is to improve your time at the 10 km.

SCHEME ASSUMPTIONS

- The intention is kept very straightforward with some (extensive) intervals to improve speed and create variety for starting runners. The body needs new impulses to improve itself.
- In case you have never ran 10 km before, it is advisable to first follow the **10 KM | Recreational scheme**.
- Ideally you should run three times a week, to familiarise the muscles, tendons and joints to the constant shock loads.
- The intervals can be run in pace D3/D4.
- During the indicated breaks, it is advisable to jog or walk at an easy pace. So, for example with 2x (1000-600-400) B=1/SB=3, you will take a 1-minute break between the 1000, 600, and 400 meters.
- Before you start with a new series you can have a 3-minute break.
- Be flexible. If you are tired all day, perform light training or take a day off.

>>10 KM<<

RUNNING SCHEME FOR
ADVANCED RUNNERS

INDEX

P	Break
SP	Series break
D1	Calm endurance training <i>Low heart rate, walking pace</i>
D2	Regular endurance training <i>slightly faster than walking pace, easy to maintain</i>
D3	Rapid endurance training <i>Panting a little more, talk in brief sentences</i>
D4	Extensive interval <i>Not possible to speak, running up tempo</i>
D5	Intensive interval <i>In the acidification, can only last shortly</i>

12 WEEK SCHEDULE

WEEK	DAY 1 (D2)	DAY 2	DAY 3	DAY 4 (D3)	TOTAL MILEAGE
1	5 km	Mpower workout	10 minutes warming up in D1 + 2 x 400 meter 10 minutes cooling down in D1 (B = 1)	8 km	16,8
2	5 km	Mpower workout	10 minutes warming up in D1 + 3 x 400 meter 10 minutes cooling down in D1 (B = 1)	9 km	18,2
3	5 km	Mpower workout	10 minutes warming up in D1 + 4 x 400 meter 10 minutes cooling down in D1 (B = 1)	10 km	19,6
4	5 km	Mpower workout	10 minutes warming up in D1 + (4 x 200 meter) + (2 x 400 meter) 10 minutes cooling down in D1 (B = 1) (SB = 3)	8 km	17,6 <i>(Recovery week)</i>
5	6 km	Mpower workout	10 minutes warming up in D1 + 3 x 800 meter 10 minutes cooling down in D1 (B = 2)	10 km	21,4
6	6 km	Mpower workout	10 minutes warming up in D1 + 4 x 800 meter 10 minutes cooling down in D1 (B = 2)	11 km	23,2
7	6 km	Mpower workout	10 minutes warming up in D1 + (2 x 400 meter B=1) + (5 x 800 meter D3/D4 B=2) + 10 minutes cooling down in D1	12 km	25,8
8	6 km	Mpower workout	10 minutes warming up in D1 + 3 x 1000 meter 10 minutes cooling down in D1 (B = 1)	10 km	22 <i>(Recovery week)</i>
9	7 km	Mpower workout	10 minutes warming up in D1 + 3 x 1600 meter D4 10 minutes cooling down in D1 (B = 2)	11 km	25
10	6 km	Mpower workout	10 minutes warming up in D1 + 4 x 1600 meter D4 10 minutes cooling down in D1 (B = 2)	12 km	25
11	6 km	Mpower workout	10 minutes warming up in D1 + 5 x 1600 meter D4 10 minutes cooling down in D1 (B = 2)	13 km	26
12	30 minutes easy run in D1	Mpower workout	10 minutes warming up in D1 + 4 x 1600 meter D4 10 minutes cooling down in D1 (B = 2)	RACE DAY!	