

MOM IN BALANCE | RUNNING SCHEME 10 KM

FOR WHOM

- You want to run twice a week independently in addition to the Mpower workouts.
- With this scheme, we assume that you participate in the Mpower workouts and are in good shape.
- You can run for 20 minutes and have already run one or multiple 5 km races before.
- Your goal is to complete the 10 km in a healthy and pleasant way.

GENERAL 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.
- The basic principle is an average speed of more than 6 minutes per kilometer (9 to 10 km/h).
- With the 10 km standard scheme it might be possible that the entire distance is not covered completely in one go, due to pace. This would be too heavy for the body and will make the training prone to injuries.

SCHEME ASSUMPTIONS

- In case you have never ran 5 km before, it is advisable to first follow the **5 KM | Recreational** scheme.
- Ideally you should run twice a week, to familiarise the muscles, tendons and joints to the constant shock loads.
- During your break, you walk the indicated time (B=1 means walking 1 minute).
- Be flexible. If you are tired all day, perform light training or take a day off.

>>10 KM<<

RUNNING SCHEME FOR
RECREATIONAL
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 3	DAY 6 (D1)	TOTAL NUMBER OF MINUTES
1	20 minutes D2	Mpower workout	25 minutes D1	45
2	20 minutes D2	Mpower workout	30 minutes D1	50
3	25 minutes D2	Mpower workout	30 minutes D1	55
4	20 minutes D2	Mpower workout	25 minutes D1	45 <i>(Recovery week)</i>
5	10 minutes warming up in D1 + 3 x 4 minutes D3 10 minutes cooling down in D1 (B = 1)	Mpower workout	30 minutes D1	62
6	10 minutes warming up in D1 + 2 x 5 minutes D3 10 minutes cooling down in D1 (B = 1)	Mpower workout	40 minutes D1	70
7	10 minutes warming up in D1 + 3 x 5 minutes D3 10 minutes cooling down in D1 (B = 1)	Mpower workout	50 minutes D1	85
8	10 minutes warming up in D1 + 4 x 4 minutes D3 10 minutes cooling down in D1 (B = 1)	Mpower workout	35 minutes D1	71 <i>(Recovery week)</i>
9	30 minutes D2	Mpower workout	55 minutes D1	85
10	10 minutes warming up in D1 + 3 x 5 minutes D3 10 minutes cooling down in D1 (B = 1)	Mpower workout	60 minutes D1	95
11	30 minutes D2	Mpower workout	70 minutes D1	100
12	30 minutes easy run with a few accelerations between lampposts	Mpower workout	RACE DAY!	