

MOM IN BALANCE | RUNNING SCHEME 16 KM

FOR WHOM

- You are used to running three times a week independently, next to the Mpower workout.
- You participate in the Mpower workout and you are in good shape.
- You might have run a 10 or 60 km race already (a few times) and your goal is to improve your time on a run of 16 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 16 km before, it is advisable to first follow the 16 KM | Recreational scheme.
- Ideally you should run three times a week, to familiarise the muscles, tendons and joints to the constant shock loads.
- Be flexible. If you are tired all day, perform light training or take a day off.
- The pace of the intervals should be in D3/D4.
- During the indicated breaks in minutes, it is advisable to jog or walk at an easy pace.

>>16 KM<<

RUNNING SCHEME FOR
ADVANCED RUNNERS

INDEX

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|-----------|---|
| 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> |

THE FIRST 8 WEEKS

| WEEK | DAY 1 (D2) | DAY 2 | DAY 4 (D3 / D4) | DAY 6 (D1) | TOTAL MILEAGE |
|------|------------|----------------|---|------------|------------------------------|
| 1 | 4 km | Mpower workout | 10 minutes warming up in D1 + 2 x 800 meter D4 10 minutes cooling down in D1 (B = 2) | 8 km | 16,6 |
| 2 | 5 km | Mpower workout | 4 kilometer D3 | 9 km | 18 |
| 3 | 6 km | Mpower workout | 10 minutes warming up in D1 + 3 x 800 meter D4 10 minutes cooling down in D1 (B = 2) | 10 km | 21,4 |
| 4 | 4 km | Mpower workout | 5 kilometer D3 | 8 km | 17 <i>(Recovery week)</i> |
| 5 | 6 km | Mpower workout | 10 minutes warming up in D1 + 4 x 800 meter D4 10 minutes cooling down in D1 (B = 2) | 10 km | 22,2 |
| 6 | 8 km | Mpower workout | 6 kilometer D3 | 11 km | 25 |
| 7 | 10 km | Mpower workout | 10 minutes warming up in D1 + 5 x 800 meter D4 10 minutes cooling down in D1 (B = 2) | 12 km | 29 |
| 8 | 6 km | Mpower workout | 7 kilometer D3 | 10 km | 23 <i>(Recovery week)</i> |

THE LAST 8 WEEKS

| WEEK | DAY 1 (D2) | DAY 2 | DAY 4 (D3 / D4) | DAY 6 (D1) | TOTAL MILEAGE |
|------|---------------------------|----------------|--|------------------|------------------------------|
| 1 | 10 km | Mpower workout | 10 minutes warming up in D1 + 6 x 800 meter D4 10 minutes cooling down in D1 (P = 2) | 13 km | 30,8 |
| 2 | 10 km | Mpower workout | 8 kilometer D3 | 14 km | 32 |
| 3 | 12 km | Mpower workout | 10 minutes warming up in D1 + 7 x 800 meter D4 10 minutes cooling down in D1 (P = 2) | 15 km | 35,6 |
| 4 | 10 km | Mpower workout | 7 kilometer D3 | 12 km | 29 <i>(Recovery week)</i> |
| 5 | 12 km | Mpower workout | 10 minutes warming up in D1 + 4 x (800-400-200 meter) D4 10 minutes cooling down in D1 (P = 1) (SP = 3) | 16 km | 36,6 |
| 6 | 11 km | Mpower workout | 10 minutes warming up in D1 + 5 x (800-400-200 meter) D4 10 minutes cooling down in D1 (P = 1) (SP = 3) | 18 km | 38 |
| 7 | 10 km | Mpower workout | 6 kilometer D3 | 12 km | 28 |
| 8 | 8 km easy run in D1 | Mpower workout | 5 km easy run with a few accelerations between lampposts | RACE DAY! | |