

# 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 5 or 10 km race already (a few times) and your goal is to complete the 16 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 16 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 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.
- During the indicated breaks, it is advisable to jog or walk at an easy pace (B=1 means walking 1 minute).

>>16 KM<<

RUNNING SCHEME FOR  
RECREATIONAL  
RUNNERS

## INDEX

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

## THE FIRST 8 WEEKS

WEEK	DAY 1 (D2)	DAY 2	DAY 4 (D3)	DAY 6 (D1)	TOTAL NUMBER OF MINUTES
1	20 minutes	Mpower workout	20 minutes	25 minutes	65
2	25 minutes	Mpower workout	2 x 10 minutes building it up to D3 (B = 2)	30 minutes	75
3	30 minutes	Mpower workout	20 minutes	35 minutes	85
4	20 minutes	Mpower workout	2 x 10 minutes building it up to D3 (B = 2)	30 minutes	70 (Recovery week)
5	30 minutes	Mpower workout	20 minutes	40 minutes	90
6	25 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 2 minutes D3 10 minutes cooling down in D1 (B = 1)	45 minutes	100
7	25 minutes	Mpower workout	10 minutes warming up in D1 + 6 x 3 minutes D3 10 minutes cooling down in D1 (B = 1)	50 minutes	113
8	25 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 2 minutes D3 10 minutes cooling down in D1 (B = 1)	40 minutes	95 (Recovery week)

## THE LAST 8 WEEKS

WEEK	DAY 1 (D2)	DAY 2	DAY 4 (D3)	DAY 6 (D1)	TOTAL NUMBER OF MINUTES
1	30 minutes	Mpower workout	10 minutes warming up in D1 + 6 x 3 minutes D3 10 minutes cooling down in D1 (B = 1)	55 minutes	123
2	30 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 4 minutes D3 10 minutes cooling down in D1 (B = 2)	60 minutes	130
3	30 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 4 minutes D3 10 minutes cooling down in D1 (B = 2)	70 minutes	145
4	25 minutes	Mpower workout	10 minutes warming up in D1 + 6 x 4 minutes D3 10 minutes cooling down in D1 (B = 2)	50 minutes	119 (Recovery week)
5	30 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 4 minutes D3 10 minutes cooling down in D1 (B = 2)	80 minutes	150
6	30 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 4 minutes D3 10 minutes cooling down in D1 (B = 2)	90 minutes	160
7	35 minutes	Mpower workout	It's balance time, take a rest!	75 minutes	110
8	45 minutes easy run in D1	Mpower workout	20 minutes easy run with a few accelerations between lampposts	<b>RACE DAY!</b>	