

MOM IN BALANCE | RUNNING SCHEME 21 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 half a marathon already and your goal is to improve your time and complete the run within two hours.

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 half a marathon before, it is advisable to first follow the **21 KM | Recreational scheme**.
- Ideally you should run three times a week, to familiarize the muscles, tendons and joints to the constant shock loads.
- The pace of the intervals should be in D4.
- During the indicated breaks in minutes, it is advisable to jog or walk at an easy pace.
- Be flexible. If you are tired all day, perform light training or take a day off.

>>21 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>

THE FIRST 8 WEEKS

WEEK	DAY 1 (D2)	DAY 2	DAY 4 (D3)	DAY 6 (D1)	TOTAL MILEAGE
1	10 km	Mpower workout	10 minutes warming up in D1 + 5 x 600 meter D4 10 minutes cooling down in D1 (B = 2)	14 km	30
2	11 km	Mpower workout	10 minutes warming up in D1 + 6 x 600 meter D4 10 minutes cooling down in D1 (B = 2)	15 km	32,6
3	12 km	Mpower workout	10 minutes warming up in D1 + 7 x 600 meter D4 10 minutes cooling down in D1 (B = 2)	16 km	35,2
4	12 km	Mpower workout	10 minutes warming up in D1 + 5 x 600 meter D4 10 minutes cooling down in D1 (B = 2)	10 km	28 (Recovery week)
5	12 km	Mpower workout	10 minutes warming up in D1 + 3 x 400 + 4 x 800 meter D4 10 minutes cooling down in D1 (B = 2)	16 km	35,4
6	12 km	Mpower workout	10 minutes warming up in D1 + 4 x 400 + 4 x 800 meter D4 10 minutes cooling down in D1 (B = 2)	17 km	36,8
7	13 km	Mpower workout	10 minutes warming up in D1 + 5 x 400 + 2 x 800 meter D4 10 minutes cooling down in D1 (B = 2)	18 km	37,6
8	11 km	Mpower workout	10 minutes warming up in D1 + 5 x 400 + 2 x 800 meter D4 10 minutes cooling down in D1 (B = 2)	12 km	29,6 (Recovery week)

THE LAST 8 WEEKS

WEEK	DAY 1 (D2)	DAY 2	DAY 4 (D3)	DAY 6 (D1)	TOTAL MILEAGE
9	11 km	Mpower workout	10 minutes warming up in D1 + 3 x 1600 meter D4 10 minutes cooling down in D1 (B = 2)	19 km	37,8
10	11 km	Mpower workout	10 minutes warming up in D1 + 4 x 1600 meter D4 10 minutes cooling down in D1 (B = 2)	20 km	40,4
11	12 km	Mpower workout	10 minutes warming up in D1 + 5 x 1600 meter D4 10 minutes cooling down in D1 (B = 2)	21 km	44
12	10 km	Mpower workout	10 minutes warming up in D1 + 4 x 1600 meter D4 10 minutes cooling down in D1 (B = 2)	14 km	33,4 (Recovery week)
13	12 km	Mpower workout	10 minutes warming up in D1 + 3 x (1000-600-400 meter) D4 10 minutes cooling down in D1 (B = 2 / SB = 3)	22 km	43
14	13 km	Mpower workout	10 minutes warming up in D1 + 4 x (1000-600-400 meter) D4 10 minutes cooling down in D1 (B = 2 / SB = 3)	23 km	47
15	12 km	Mpower workout	10 minutes warming up in D1 + 2 x (1000-600 meter) D4 10 minutes cooling down in D1 (B = 2 / SB = 3)	13 km	31,2
16	10 km easy run in D1	Mpower workout	5 km easy run with a few accelerations between lampposts	RACE DAY!	