

# MOM IN BALANCE | RUNNING SCHEME 21 KM

## FOR WHOM

- You are used to run three times a week independently, next to the Mpower workout.
- You participate in the Mom in Shape 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 complete half a marathon 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 | Recreational 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 a 10 or 16 km race before, it is advisable to first follow the **10 KM | Recreational** or **16 KM | Recreational scheme**.
- Ideally you should run three times a week, to familiarise the muscles, tendons and joints to the constant shock loads.
- The pace of the intervals should be in D3.
- During the indicated breaks in minutes, it is advisable to jog or walk at an easy pace (B=1 means walking 1 minute).

>>21 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	30 minutes	Mpower workout	30 minutes	40 minutes	100
2	30 minutes	Mpower workout	3 x 10 minutes building it up to D3 (B = 2)	50 minutes	110
3	30 minutes	Mpower workout	35 minutes	55 minutes	120
4	30 minutes	Mpower workout	4 x 10 minutes building it up to D3 (B = 2)	35 minutes	105 (Recovery week)
5	30 minutes	Mpower workout	30 minutes	60 minutes	120
6	40 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 2 minutes D3 10 minutes cooling down in D1 (B = 1)	70 minutes	140
7	40 minutes	Mpower workout	10 minutes warming up in D1 + 6 x 3 minutes D3 10 minutes cooling down in D1 (B = 1)	75 minutes	153
8	40 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 2 minutes D3 10 minutes cooling down in D1 (B = 1)	60 minutes	130 (Recovery week)

## THE LAST 8 WEEKS

WEEK	DAY 1 (D2)	DAY 2	DAY 4 (D3)	DAY 6 (D1)	TOTAL MILEAGE
9	40 minutes	Mpower workout	10 minutes warming up in D1 + 6 x 3 minutes D3 10 minutes cooling down in D1 (P = 1)	75 minutes	153
10	40 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 4 minutes D3 10 minutes cooling down in D1 (P = 2)	80 minutes	160
11	30 minutes	Mpower workout	10 minutes warming up in D1 + 5 x 5 minutes D3 10 minutes cooling down in D1 (P = 2)	90 minutes	165
12	30 minutes	Mpower workout	10 minutes warming up in D1 + 4 x 6 minutes D3 10 minutes cooling down in D1 (P = 2)	70 minutes	144 <i>(Recovery week)</i>
13	30 minutes	Mpower workout	10 minutes warming up in D1 + 4 x 6 minutes D3 10 minutes cooling down in D1 (P = 2)	95 minutes	165
14	30 minutes	Mpower workout	10 minutes warming up in D1 + 4 x 5 minutes D3 10 minutes cooling down in D1 (P = 1)	110 minutes	180
15	30 minutes	Mpower workout	10 minutes warming up in D1 + 2 x 5 minutes D3 10 minutes cooling down in D1 (P = 1)	60 minutes	120
16	45 minutes easy run in D1	Mpower workout	25 minutes easy run with a few accelerations between lampposts	<b>RACE DAY!</b>	