

# MOM IN BALANCE | RUNNING SCHEME 5 KM

## FOR WHOM

- You want to run independently, at least twice a week aside from the Mpower workout.
- You first want to accomplish 5 km in a healthy and pleasant way.
- You participate in the Mpower workout and you're in good shape.
- You can run for 15 minutes at low intensity (you can easily maintain the pace and can talk properly).

## 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).

## SCHEME ASSUMPTIONS

- If you have recently given birth and do not practise any other sport, it is advisable to first follow the schedule **20 minutes | Running** consecutively.
- Ideally you should run twice a week, to familiarise the muscles, tendons and joints to the constant shock loads.
- Prior to your run you should perform a warming up, and afterwards a cooling down.
- During your break, you walk the indicated time.
- Be flexible. If you are tired all day, perform light training or take a day off.
- Maintain a minimum of one day between the training moments.

>>5 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>

## 12 WEEK SCHEDULE

WEEK	DAY 1	DAY 3	DAY 5	TOTAL NUMBER OF MINUTES
1	4 x 3 minutes (B = 1)	Mpower workout	5 x 3 minutes (P = 1)	27
2	3 x 4 minutes (B = 1)	Mpower workout	5 x 4 minutes (P = 1)	32
3	4 x 4 minutes (B = 1)	Mpower workout	5 x 5 minutes (P = 1)	41
4	4 x 4 minutes (B = 1)	Mpower workout	3 x 6 minutes (P = 1)	34 (Recovery week)
5	3 x 6 minutes (B = 1)	Mpower workout	3 x 8 minutes (P = 1)	42
6	4 x 8 minutes (B = 1)	Mpower workout	2 x 10 minutes (P = 2)	52
7	4 x 8 minutes (B = 1)	Mpower workout	2 x 15 minutes (P = 2)	62
8	2 x 10 minutes + 1 x 5 minutes (B = 2)	Mpower workout	20 minutes	45 (Recovery week)
9	2 x 15 minutes (B = 2)	Mpower workout	30 minutes	60
10	2 x 15 minutes (B = 2)	Mpower workout	35 minutes	65
11	30 minutes	Mpower workout	40	70
12	15 minutes easy run with a few accelerations between lampposts	Mpower workout	<b>RACE DAY!</b>	