

BE RACE DAY READY

TRAINING STRATEGIES AND
DETAILS FOR YOUR
PERSONAL
TRAINING PLAN



Runners Inc.

Dear runner,

This Personal Training Plan will have you READY for your dream race!

Thousands of km's training and racing have gone into this specific Personal Training Plan.

And we're sharing it with you, right here...

This document is meant to offer you 'behind the scenes' information about the specific build-up of this training plan and reasoning behind specific trainings.

To your successful finish,

Jeroen

TRAINING SPECIFICATION

Specific training is executed in an individual heart rate or speed zone. These are your individual training zones. We call this 'personalized intensity'.

Our training plan includes: Recovery Run (zone 1), Easy Long Run (zone 2), Easy Run (zone 3), Tempo Run (zone 4), Interval (zone 5b), Speedwork (a combination of zones) and Threshold Tempo (Z5a).

Note: not all workouts mentioned above may be part of your plan, since this is dependent on your training background and personal goals and ambitions.

In the first week of your training plan a heart rate / speed zone test is included. You'll find details about how to execute this test in your training plan.

This test takes 30 minutes and we advise you to execute this test as part of the training that is included in your plan for that specific day. For example, let's assume a Tempo Run of 12 km is planned for Tuesday and the Heart Rate Zone test on the same day.

You would then execute the training and the test as follows: you warm up for 15 minutes, execute the test for 30 minutes and then cool down for the remaining km's (up to the total of 12 km). This way you have executed the test -which is your basis for the rest of your training plan- and executed your training.

For the interval training: 'Interval (9 x 4 minutes / 2 minutes rest)' means: you run in zone 5 for 4 minutes, then easy jog for 2 minutes (recovery) and repeat this 9 times. Total training duration: 54 minutes.

STARTING YOUR TRAINING PLAN

Before starting this training plan, you shared your training and fitness background via the online questionnaire. We've used this as a starting point and foundation for your personal plan. If something drastically changed between filling in the questionnaire and starting the plan, please inform us so we can align and possibly adjust the plan.

TRAINING PLAN BUILD-UP

After every three weeks we have planned a 'recovery week'. This week is crucial to have you rested for the next training block (of 3 weeks). If you stick to this strategy, you'll be able to deal with more km's and more training intensity during the build-up of the plan. Without over-training and getting injured.

Check your peak training weeks. The ones with the most km's / duration. Make sure that you rest well in between training during these weeks and pay special attention to your sleep and eating habits. All focussed on recovery and being ready for next training!

TRAINING SPECIFICATION

Note

In your training plan some of the below mentioned trainings may have an additional label 'Flat', 'Trail/Hilly', 'Steep' or Rolling Terrain'. These labels are of key importance for that specific training, so please be aware of them.

Easy Long Run - This is the foundation of your training. This training should be executed in a tempo that enables you to have a conversation with someone, having no problems with breathing. Stick to zone 2: if you feel like you could run faster, then you're in the right training zone. This training helps your muscles and joints adapt to longer training loads.

Easy Run - This training helps you increase your basic endurance. You execute this training in a steady, solid pace without pushing too much pressure on your body. Make sure to stay in the correct zone (3) and don't go out too fast. After this training you should feel like being able to run for another couple of kilometres with the same speed. If you don't have that feeling; then you trained too hard!

Tempo Run - The Easy Long Run and Easy Runs are perfect for building a foundation for your endurance. With this solid basis, you can handle tempo training. This training builds stamina and enables you to run with a higher heart rate during a prolonged period of time. The impact of this training on your body is quite high, so before this training focus on being well-rested and pay special attention to recovery after the training.

Interval - This training dramatically increases your speed. During interval training you will increase speed for a short period of time, take time to recover and repeat. In between interval accelerations we have included rest periods for jogging (recovery). If you need to walk or if you're not recovered during the time indicated, then you need to slow down during your intervals. This training is also perfect for focussing on your running technique: arm swing, relaxed running form (upper body) and rhythm (short ground-contact).

Threshold Tempo – Training in an uncomfortable zone (somewhere between zone 4 and 5) for a longer period (other than interval or speedwork). This is an all-out training which you can compare with racing a 5 or 10 km race. By the end of this training you'll need some time to take it easy: sit down, have a recovery / refreshing energy drink. Don't overdo it (don't pass out or throw up please...!), but this session is often experienced as one of the tough speed training sessions (due to its length in combination with zone 4/5). This training will dramatically increase your base speed and the ability to push yourself in a race. Hard.

Speedwork - Key of this workout is training in different heart rate or speed zones over a longer distance (often between 3 – 5 km). By doing so, you'll train different energy systems and different muscles fibres/groups in one training session. The biggest difference with interval being the length of the different tempo blocks and a lot of variation in different tempo/speed zones. Main objective is building stamina and being able to maintain your speed when getting tired. This training is also excellent for runners that want to train for a hilly/mountainous race, but live in an area where there are no hills or mountains available. Speedwork mimics the 'ups and downs' of the hill with your heart rate / speed changing every 3 – 5 km.

Speedwork Trail Hilly Loop – Same as under 'Speedwork', only this training should be executed on loop of 3 km. Ideally, this loop is a combination of rolling terrain, flats and short steep sections. Each zone of 3 km is executed on 1 loop. "Z2/Z4/Z3" means that you'll run 3 loops, each in the indicated zone.

WARMING UP

The stated km's and duration per training does not include warming up or cooling down for your training. Since this is very personal, we recommend to do a warming up and cooling down that meets your personal fitness and requirements.

At least for all speed-related trainings -like interval and tempo runs- you should warm up and cool down. Interval training warming up could consist of a 10-15 minutes easy jog, followed by some stretching exercises. Cooling down after interval same as warming up.

CHANGING YOUR PLAN

If you have to skip a training due to work, sickness or holiday: this training plan leaves enough room to re-schedule trainings. Important note: always schedule at least 1 rest day in between training sessions!

If you're not able to train for 1 week, then you should contact us. You may need to adapt the training plan.

QUESTIONS OR DOUBTS

If you have any questions or doubts about this training plan or if you run into issues: contact us (coach@runners-inc.com). We're here to help!