

Running schedule 15 km and 10 EM advanced

• General preparation period

Begin: 20 weeks for the eventual aim.

End: 12 weeks for the eventual aim.

Therefore number of weeks: 8.

How frequently	What and how	How long
2 x per week	long quiet endurance training speed 1	60 up to 90 minutes *
2 x per week	average endurance training speed 2	45 up to 60 minutes
2 x per three weeks	average endurance training speed 2	30 up to 45 minutes
At most 1 x per 3 weeks	intensive endurance training speed 3	30 up to 45 minutes

* Explanation: not immediately the first week 90 minutes, but quietly builds per week.

• Specific preparation period

Begin: 12 weeks for the eventual aim.

End: 6 weeks for the eventual aim.

Therefore number of weeks: 6.

How frequently	What and how	Time/distance
1 x per week	long quiet endurance training speed 1	60 up to 90 minutes
2 x per week	average endurance training speed 2	45 up to 60 minutes
1 x per two weeks	intensive endurance training speed 3 *	30 up to 45 minutes
1 x per two weeks	fartlek training	30 up to 45 minutes
1 x per week	interval training: extensive long **	distance 2 to 4 miles

* Explanation: Or race (not fast).

** Explanation: Speed: 95% (first 3 weeks) en 100% (last 3 weeks).
Distances: 600m 800m 1000m 1500m 1690m 2000m. Example 5x 1500m.
Pause: effort time:pause proportion 1:0,5 to dribble.

• Intensive period

Begin: 6 weeks for the eventual aim.

End: 2 weeks for the eventual aim.

Therefore number of weeks: maximum 4.

How frequently	What and how	Time/distance
1 x per week	long quiet endurance training speed 1*	60 up to 90 minutes
1 x per week	quiet endurance training speed 1	45 up to 60 minutes
1 x per week	average endurance training speed 2	45 up to 60 minutes
1 x per week	fartlek training **	30 up to 45 minutes
1 x per week	interval training: intensive long ***	distance 4 to 6 miles

* Explanation: 1x per week on end of the training: 5 x 100m (pause: 100m to dribble).

** Explanation: By this fartlek training the emphasis lies on the shorter pieces.

*** Explanation: Do this intensive training only the first four weeks.
Speed: 105%
Distance: 600m 800m 1000m 1500m 2000m. Example 2x (2x 2000m).
Pause: effort time:pause proportion 1:2 to dribble.

The last two weeks

- The first week you run 50 percent of the training scope of heaviest week.
- A week before the race you do a firm Fartlek training of 50 minutes.
- 1 or 2 days before the race you do an duration training on speed 1 or 2. Reduce the scope.
- A day before the race you run half-hour quietly. Do also some small accelerations.