

Running Training Schedule



Introduction

We noticed that a lot of students are picking up running now as it is a sport that can be done individually and helps you to keep your mind fresh. However, running can cause injuries when you do not adhere to some well-structured training scheme, especially when you are a beginner. Therefore our running teacher Jos Tóth put together a training schedule for both beginners and more experienced runners.

Get ready for a nice running scheme, but please take note of the following advice:

- Listen to your body and don't hurt yourself! Reduce intensity if you feel it is too stressful for your body!
- Make sure you do a proper warm-up before running. Use [this](#) video for inspiration!
- Avoid busy places and keep the prescribed distance of at least 1.5 meters from other people!

<https://www.youtube.com/watch?v=4jCDjnZl6W0>

Enjoy!

Notes to the training schedule

Trainer/Coach: Jos Tóth

General information

Questions? tothjos@ziggo.nl

The scheme always covers a period of four weeks.

Structure training schedule.

- # A schedule is present for three levels regarding experience with running.
- # There are three training days offered. It is important that you at least still doing two workouts.
- # MD = Monday / TH = Thursday / SD = Saturday
- # For each four-week period a general training goal is listed (see bottom line schedule)
- # For each core training information is available.
 - * Type of Training (eg fartlek)
 - * Time indication
 - * Speed (pace)
 - * recovery information
 - * Training aim

Duration and other indications

- | | | |
|---|-------------------------------|---|
| # | IP | Interval-Pause. |
| # | SP | Set-Pause. |
| # | Pace | Speed for a given distance |
| # | TIP | Talking is possible |
| # | MHB | Medium Heavy Breathing. The respiratory rate is higher but still good to persevere. Talking is difficult. |
| # | TNP | Talking is not possible (high respiratory rate) |
| # | 5' | A duration of 5 minutes, for example, a part of an interval or minute walk. |
| # | 25" | A duration of 25 seconds, for example, a part of an interval |
| # | 8 x 300 | An array of 8 x 300 meters in which there is, after every 300 meters a small recovery break |
| # | 1', 2', 3', 4',
3', 2', 1' | Indication of (e.g.) a pyramid where the time (in minutes) increases and decreases again (interrupt. by interval-breaks) |
| # | 30"/100 m | 100 meters in 30 seconds. |
| # | 2x (5x300m) | Two sets of each 5 x 300 meters. There is a pause (IP) after every 300 m. After the first set, there is a set pause (SP). |
| # | IP and SP | Do not walk but quietly dribbling. |
| # | W | Walking |
| # | IA | Inapplicable |

Specifieke informatie

- | | | |
|---|-----------------|---|
| # | Endurance | This is a form of training in which one and the same (relatively low) speed is used for a certain period of time |
| # | Split endurance | A form of exercise where the same pace for a certain period of time (longer compared with interval) is used. There are breaks. |
| # | Interval | In interval training, a certain distance is repeated 3 to 10 times. Each distance is done in the same speed
This can be done in one or two sets (sets). Interim recovery through an interval or set break. |
| # | Fartlek | This is a training where power, distance and speed are applied |
| # | Pyramid | During this training gradually the length of time to run is increasing and decreasing |
| # | Brisk walking | With brisk walking you have a higher rate than regular walking. Determine this page (training stimulus for yourself (km/h.)). |

Novice Runner Scheme

Week 1				Week 2			Week 3			Week 4		
B e g i n n e r s	MD	TH	SD	MD	TH	SD	MD	TH	SD	MD	TH	SD
	Pyramid	Walking (brisk)	Interval	Interval	Walking (brisk)	Interval	Pyramid	Walking (brisk)	Interval	Fartlek	Walking (brisk)	Interval
	1', 2', 3', 3', 2', 1'	30'	4 x 2'	3x (4x200m)	40'	4 x 2½'	1', 2', 3', 4', 3', 2', 1'	50'	3 x 3'	Speed, Distance & Power 20'	60'	5 x 2½' or 3'
	Pace: TIP	IA	Pace: TIP	Pace:TIP	IA	Pace: TIP	Pace:TIP	IA	Pace: TIP	Diversified	nvt	Pace: TIP
	IP- 90' drib.	IA	IP: 2" drib.	IP= 100m SP= 500m (drib.)	IA	IP: 1,5" drib.	IP: 60' drib.	IA	IP: 2" drib.	Diversified	nvt	IP: 2" drib.
	Duration power	Strengthen	Duration power	Duration & Speed	strengthen	Duration power	Duration power	strengthen	Duration power	Power & Speed	Strengthen	Duration power
Increase / improve heart, lung and vascular system, muscles and tendons. Building up distance and speed.												

Experienced Runner Scheme

Week 1				Week 2			Week 3			Week 4		
E x p e r i e n c e d	MD	TH	SD	MD	TH	SD	MD	TH	SD	MD	TH	SD
	Pyramid	Endurance	Split endurance	Interval	Endurance	Split endurance	Pyramid	Endurance	Interval	Fartlek	Endurance	Interval
	1', 2', 3', 4', 4', 3', 2', 1'	Min. 30' Max. 50'	3 x 2000 m.	3x (5x300m)	Min. 50' Max. 70'	8 x 3'	1', 2', 3', 4', 5', 4', 3', 2', 1'	Min. 40' Max. 60'	8 x 600 m	Speed, Distance & Power 30'	Min. 50' Max. 80'	6 x 800 m
	Pace: MHB	Pace: TIP	Pace: 29"/100 m	Pace: 26"/100 m.	Pace: TIP	Pace: 27"/100 m	Pace: MHB	Pace: MHB	26"/100 m.	Diversified	Pace: TIP	27"/100 m.
	IP- 30" drib.	IA	IP: 1" drib.	IP= 100m SP= 300m (drib.)	IA	IP-90' drib	IP- 90' drib.	IA	IP = 200 m. drib.	Diversified	IA	IP = 200 m. drib.
	Duration & Speed	Duration power	Duration & Speed	Duration & Speed	Duration power	Duration & Speed	Duration & Speed	Duration power	Speed	Power & Speed	Duration power	Speed
Increase / improve heart, lung and vascular system, muscles and tendons. Building up distance and speed.												

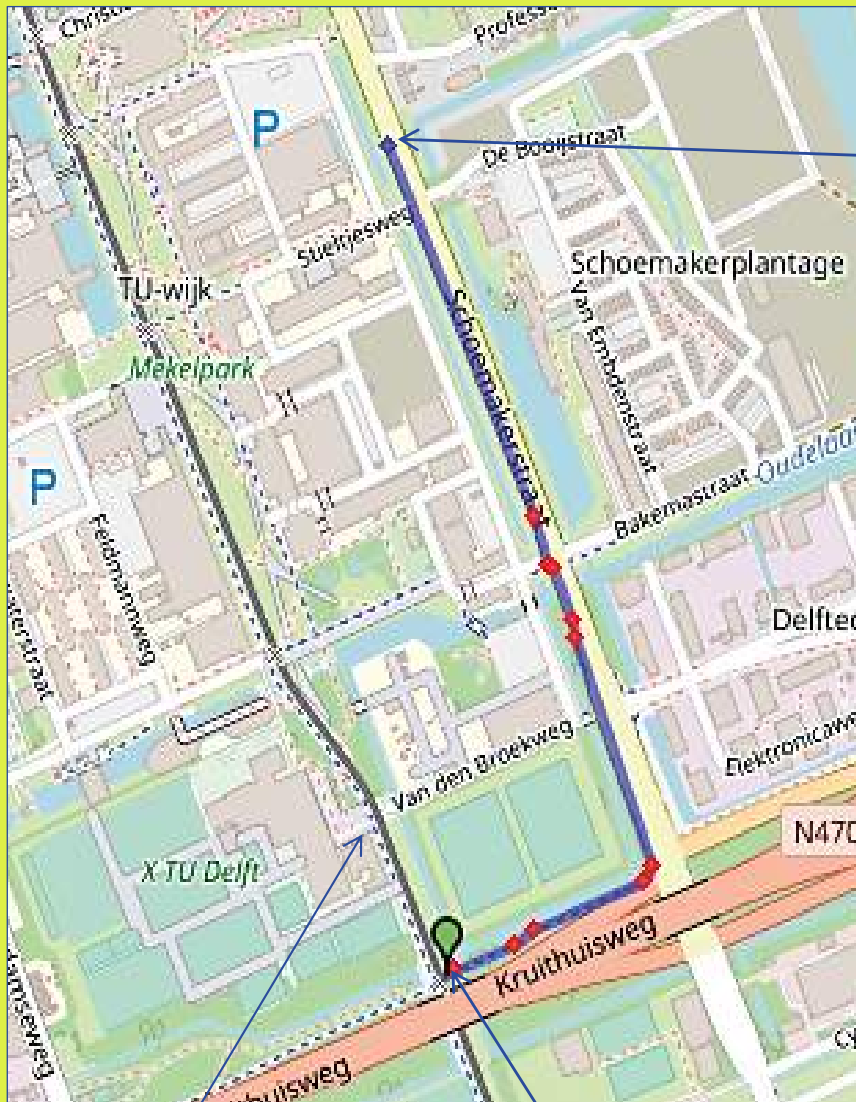
Very Experienced runner scheme

Week 1			Week 2			Week 3			Week 4			
MD	TH	SD	MD	TH	SD	MD	TH	SD	MD	TH	SD	
Pyramid	Endurance	Split endurance	Interval	Endurance	Split endurance	Pyramid	Endurance	Interval	Fartlek	Endurance	Interval	
1', 2', 3', 4', 5', 4', 3', 2', 1'	Min. 40' Max. 60'	6 x 5'	2x (6x300m)	Min. 45' Max. 65'	7 x 6'	1', 2', 3', 4', 5', 6', 5', 4', 3', 2', 1'	Min. 50' Max. 70'	6 x 1000 m	Speed, Distance & Power 35'	Min. 60' Max. 80'	4 x 1200 m	
Pace: 23"/100 m	Pace: TIP	Pace: MHB	21"/100 m	Pace: TIP	Pace: MHB	Pace: TNP	Pace: TIP	3'50" / Km (23"-100m)	Diversified	Pace: MHB	3'50" / Km (23"-100m)	
IP- 60" drib.	IA	IP: 1" drib.	IP= 100m SP= 300m (Drib)	IA	IP: 1" drib.	IP: 60' drib.	IA	IP = 300 m. drib.	Diversified	IA	IP = 300 m. drib.	
Duration power	Duration power	Duration & Speed	Duration & Speed	Duration power	Duration & Speed	Duration & Speed	Duration power	Speed	Power & Speed	Duration power	Speed	
Increase / improve heart, lung and vascular system, muscles and tendons. Building up distance and speed.												

Training Course 1

1000 m.

Every 100 meter a mark (0 to 10) is present



Finish (10)
= 1000 meter

Start location (0)

Location of X

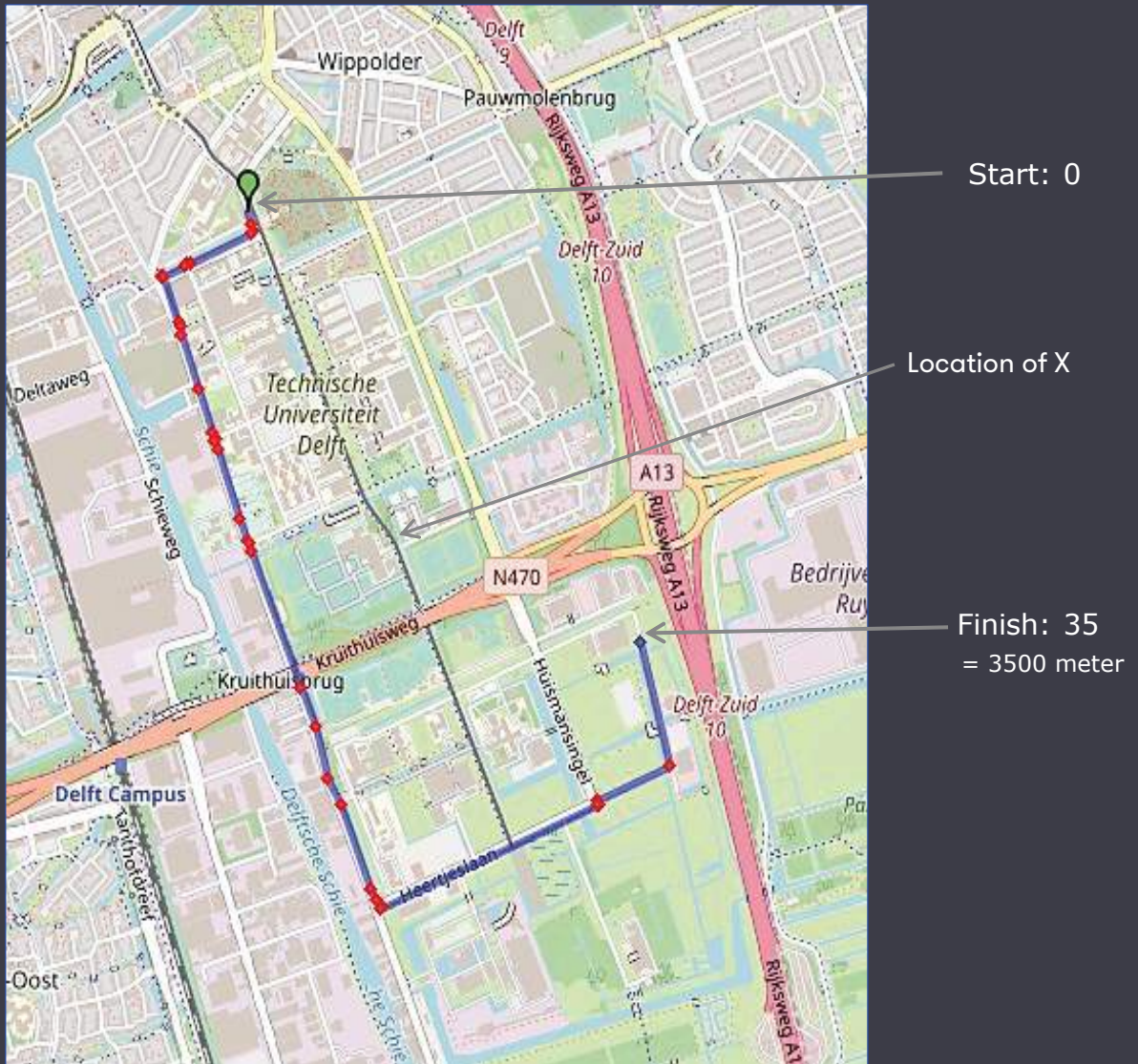
This course can be used for several kinds of (shorter) interval programs

Be aware of traffic

Training Course 2

3500 m.

Every 100 meter a mark (0 to 35) is present



This course can be used for several kinds of interval programs

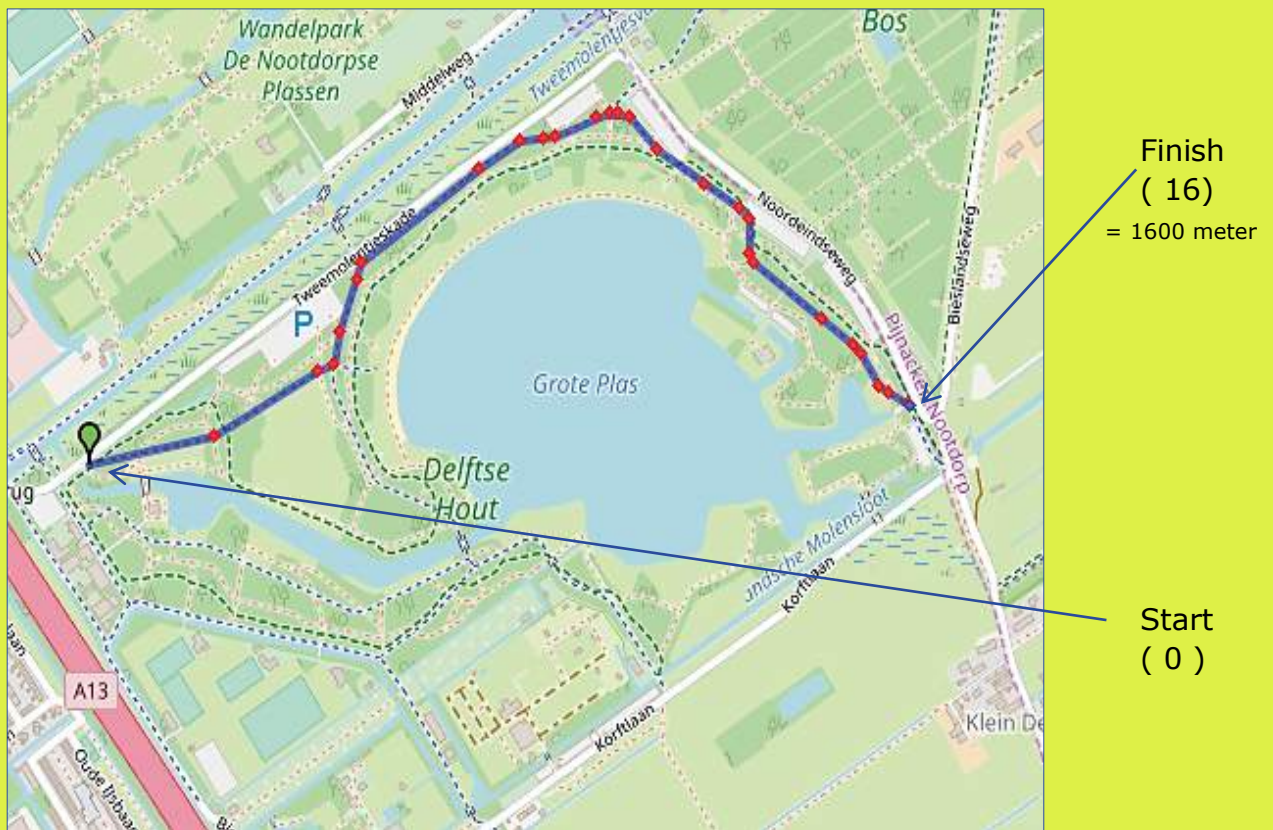
Be aware of traffic

Training Course 3

Start: 0

1600 m.

Every 100 meter a mark (0 to 16) is present



This course can be used for several kinds of interval programs

Be aware of traffic (bicycles)