

TRAININGPLAN RUNNING *Speedy Gonzales* Special Halfmarathon-Preparation

Master-Race: Tbilisi Halfmarathon 21,1 km 23.10.2016



SmartRunning

Peter M. Gottwald

Week	Week 01/12 SpP 1.-7.8.2016	Week 02/12 SpP 8.-14.8.2016	Week 03/12 SpP 15.-21.8.2016	Week 04/12 SpP 22.-28.8.2016 <i>Restweek 1</i>	Week 05/12 SpP 29.8.-4.9.2016
Monday	Restday	Restday	Restday	Restday	Restday
Tuesday <i>Training 1</i>	Mob./Running-ABC WU / CD each 10 min 2x 1.000 m BE 2 high Very Speedy 2x 500 m BE 2 high Very Speedy 4 AR 100 m P each 3:00 min	Mob./Running-ABC WU / CD each 10 min 5x 500 m Incline (5-10%) Speedy Run back to start easy!	Mob./Running-ABC WU / CD each 10 min 3x 300 m RSE High Intensive P each 90 sec Then 6 min walking! Please repeat this block 2 times!	20 min RECOM Very Easy Jogging	Mob./Running-ABC WU / CD each 10 min 6x 200 m RSE High Intensive P each 3:00 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	30 min BE 1 s Medium Speed	30 min BE 1 s Medium Speed	30 min BE 1 s Medium Speed	20 min RECOM Very Easy Jogging	40 min BE 1 s Medium Speed
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>Training 3</i>	1:30 h BE 1 l Easy Running	1:30 h BE 1 l Easy Running	1:30 h BE 1 l Easy Running	Mob./Running-ABC WU / CD each 10 min 2x 500 m BE 2 high Very Speedy 2x 300 m BE 2 high Very Speedy 2x 200 m RSE High Intensive P each 3:00 min	1:45 h BE 1 l Easy Running
Amount Time/ca. km	3:00 h / 27,6 km	3:10 h / 29,2 km	2:40 h / 24,6 km	1:40 h / 15,3 km	3:15 h / 30,0 km



All workouts can be shifted, but **never** change the order!

Please follow the order and the days in week 04/12 SpP!

On restdays no running, but walking, swimming, easy cycling or InLineSkating!

regular workouts tough workouts recovery workouts

Mob./Running-ABC=Mobilisation/Running-ABC WU/CD=WarmUp-Running/CoolDown-Running P=Pause of walking or Very Easy Jogging

▶▶ Stretching: 3x per week completely and carefully!

▶▶ Core strenghtening: 1-2x per week!

Trainer: Peter Gottwald **SmartRunning**

Phone / Fax +49 / 89 / 910 77 846 www.smartrunning.de info@smartrunning.de

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A lot of fun and success!
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Week	Week 06/12 SpP 5.-11.9.2016	Week 07/12 SpP 12.-18.9.2016	Week 08/12 SpP 19.-25.9.2016 <i>Restweek 2</i>	Week 09/12 SpP 26.9.-2.10.2016	Week 10/12 SpP 3.-9.10.2016 <i>Peakweek 1</i>
Monday	Restday	Restday	Restday	Restday	Restday
Tuesday <i>Training 1</i>	Change of Speed BE 1 s / BE 2 low 2 km 2 km 1 km 1 km 1 km	Mob./Running-ABC WU / CD each 10 min 4x 1.000 m BE 2 high intensive P each 3:00 min	20 min RECOM Very Easy Jogging	Mob./Running-ABC WU / CD each 10 min 8x 200 m RSE High Intensive P each 3:00 min	Mob./Running-ABC WU / CD each 10 min 3x 2.000 m BE 2 high intensive P each 3:00 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	40 min BE 1 s Medium Speed	40 min BE 1 s Medium Speed	Mob./Running-ABC 40 min BE 1 s Fartlek Medium Speed The basic speed is Medium Speed . Run every 5 min for 30 secs Speedy!	50 min BE 1 s Medium Speed	60 min BE 1 s Medium Speed
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>Training 3</i>	1:45 h BE 1 I Easy Running	1:45 h BE 1 I Easy Running Afterwards: 5 AR 100 m	20 min RECOM Very Easy Jogging	2:00 h BE 1 I Easy Running	2:15 h BE 1 I Easy Running
Amount Time/ca. km	3:15 h / 30,0 km	3:35 h / 33,0 km	1:20 h / 12,3 km	3:50 h / 35,3 km	4:20 h / 40,0 km



All workouts can be shifted, but **never** change the order!

Please follow the order and the days in week 08/12 SpP and 10/12 SpP!

On restdays no running, but walking, swimming, easy cycling or InLineSkating!

regular workouts **tough workouts** **recovery workouts**

Mob./Running-ABC=Mobilisation/Running-ABC WU/CD=WarmUp-Running/CoolDown-Running P=Pause of walking or Very Easy Jogging

AR=Acceleration Run=You increase your speed gradually over a distance of about 100 m from Very Easy Jogging to almost sprint!

➔ Stretching: 3x per week completely and carefully!

➔ Core strenghtening: 1-2x per week!

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Week	Week 11/12 SpP 10.-16.10.2016 <i>Peakweek 2</i>	Week 12/12 SpP 17.-23.10.2016 <i>Tapering</i>
Monday	Restday	Restday
Tuesday <i>Training 1</i>	Mob./Running-ABC WU / CD each 10 min 3x 3.000 m BE 2 high intensive P each 3:00 min	Mob./Running-ABC WU / CD each 10 min 3x 300 m BE 2 low Speedy P each 90 sec Then 6 min walking! Please repeat this block 2 times!
Wednesday	Restday	Restday
Thursday <i>Training 2</i>	60 min BE 1 s Medium Speed	20 min BE 1 s Medium Speed
Friday	Restday	Restday
Saturday	Restday	20 min RECOM Very Easy Jogging Afterwards: 3 AR 100 m
Sunday <i>Training 3</i>	2:15 h BE 1 l Easy Running Afterwards: 5 AR 100 m	YOUR RACE: Tbilisi Halfmarathon 21,1 km
Amount Time/ca. km	4:45 h / 43,8 km	3:35 h / 33,0 km



All workouts can be shifted, but **never** change the order!

Please follow the order and the days in week 11/12 SpP and 12/12 SpP!

On restdays no running, but walking, swimming, easy cycling or InLineSkating!

regular workouts **tough workouts** **recovery workouts**

Mob./Running-ABC=Mobilisation/Running-ABC WU/CD=WarmUp-Running/CoolDown-Running P=Pause of walking or Very Easy Jogging

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Entire Special Preparation:

38:25 h = ca. 354,6 km



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EXPLANATION

Code	Description	Definition / Intensity	% HR _{max}	Mean of Training / Method	Function / Target
RECOM	REgeneration + COMPensation	<i>Very Easy Jogging</i>	60 – 70	Endurance Run	Regeneration
BE 1 l = long	Basic Endurance > 90 min	<i>Easy Running</i>	65 – 75	Endurance Run	Improvement Basic Endurance
BE 1 s = short	Basic Endurance < 90 min	<i>Medium Speed</i>	75 – 80	Endurance Run, Fartlek	Improvement Basic Endurance
BE 2 low	Basic Endurance	<i>Speedy</i>	80 – 85	Endurance Run	Strenght Endurance Development
BE 2 high	Basic Endurance	<i>Intensive</i>	85 – 90	Very Speedy Repeats	Strenght Endurance Development Coordination
RSE	Race Specific Endurancetraining	<i>High Intensive</i>	90 – 100	Submaximal Repeats	Strenght Endurance Development Coordination Motor Skills

REQUIREMENTS TO REALIZE THIS PLAN

- ▶▶ Have your doctor check your health
- ▶▶ Easy handling of at least 1:15 h – 1:30 h of easy running without break at your personal speed
- ▶▶ Time to run three times a week
- ▶▶ Support of family
- ▶▶ Some Training Experience
- ▶▶ Race Experience is not needed, but helpful
- ▶▶ In any case this plan will guide you safely to your halfmarathon debut
- ▶▶ Ideally a group of runners of the same level