

# 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>	<b>Mob./Running-ABC</b> <b>WU / CD each 10 min</b> 2x 1.000 m BE 2 high <b>Very Speedy</b> 2x 500 m BE 2 high <b>Very Speedy</b> 4 AR 100 m P each 3:00 min	<b>Mob./Running-ABC</b> <b>WU / CD each 10 min</b> 5x 500 m Incline (5-10%) <b>Speedy</b> Run back to start easy!	<b>Mob./Running-ABC</b> <b>WU / CD each 10 min</b> 3x 300 m RSE <b>High Intensive</b> P each 90 sec Then 6 min walking! Please repeat this block 2 times!	20 min RECOM <b>Very Easy Jogging</b>	<b>Mob./Running-ABC</b> <b>WU / CD each 10 min</b> 6x 200 m RSE <b>High Intensive</b> P each 3:00 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	30 min BE 1 s <b>Medium Speed</b>	30 min BE 1 s <b>Medium Speed</b>	30 min BE 1 s <b>Medium Speed</b>	20 min RECOM <b>Very Easy Jogging</b>	40 min BE 1 s <b>Medium Speed</b>
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>Training 3</i>	1:30 h BE 1 l <b>Easy Running</b>	1:30 h BE 1 l <b>Easy Running</b>	1:30 h BE 1 l <b>Easy Running</b>	<b>Mob./Running-ABC</b> <b>WU / CD each 10 min</b> 2x 500 m BE 2 high <b>Very Speedy</b> 2x 300 m BE 2 high <b>Very Speedy</b> 2x 200 m RSE <b>High Intensive</b> P each 3:00 min	1:45 h BE 1 l <b>Easy Running</b>
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**

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A lot of fun and success!  
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Week / Day	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>	<b>Change of Speed</b> BE 1 s / BE 2 low 2 km 2 km 1 km 1 km 1 km	<b>Mob./Running-ABC</b> WU / CD each 10 min 4x 1.000 m BE 2 high <i>intensive</i> P each 3:00 min	20 min RECOM <i>Very Easy Jogging</i>	<b>Mob./Running-ABC</b> WU / CD each 10 min 8x 200 m RSE <i>High Intensive</i> P each 3:00 min	<b>Mob./Running-ABC</b> WU / CD each 10 min 3x 2.000 m BE 2 high <i>intensive</i> P each 3:00 min
Wednesday	Restday	Restday	Restday	Restday	Restday
Thursday <i>Training 2</i>	40 min BE 1 s <i>Medium Speed</i>	40 min BE 1 s <i>Medium Speed</i>	<b>Mob./Running-ABC</b> 40 min BE 1 s <b>Fartlek</b> <i>Medium Speed</i> The basic speed is <i>Medium Speed</i> . Run every 5 min for 30 secs <i>Speedy!</i>	50 min BE 1 s <i>Medium Speed</i>	60 min BE 1 s <i>Medium Speed</i>
Friday	Restday	Restday	Restday	Restday	Restday
Saturday	Restday	Restday	Restday	Restday	Restday
Sunday <i>Training 3</i>	1:45 h BE 1 I <i>Easy Running</i>	1:45 h BE 1 I <i>Easy Running</i> <b>Afterwards:</b> <b>5 AR 100 m</b>	20 min RECOM <i>Very Easy Jogging</i>	2:00 h BE 1 I <i>Easy Running</i>	2:15 h BE 1 I <i>Easy Running</i>
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	Week 12/12 SpP 17.-23.10.2016
Day	<b>Peakweek 2</b>	<b>Tapering</b>
Monday	Restday	Restday
Tuesday Training 1	<b>Mob./Running-ABC</b> <b>WU / CD each 10 min</b> 3x 3.000 m BE 2 high <b>intensive</b> P each 3:00 min	<b>Mob./Running-ABC</b> <b>WU / CD each 10 min</b> 3x 300 m BE 2 low <b>Speedy</b> P each 90 sec Then 6 min walking! Please repeat this block 2 times!
Wednesday	Restday	Restday
Thursday Training 2	60 min BE 1 s <b>Medium Speed</b>	20 min BE 1 s <b>Medium Speed</b>
Friday	Restday	Restday
Saturday	Restday	20 min RECOM <b>Very Easy Jogging</b> Afterwards: 3 AR 100 m
Sunday Training 3	2:15 h BE 1 l <b>Easy Running</b> Afterwards: 5 AR 100 m	<b>YOUR RACE:</b> <b>Tbilisi Halfmarathon</b> <b>21,1 km</b>
Amount Time/ca. km	4:45 h / 43,8 km	3:35 h / 33,0 km



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**Entire Special Preparation:**

38:25 h = ca. 354,6 km



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**EXPLANATION**

Code	Description	Definition / Intensity	% HR <sub>max</sub>	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