

My Monthly Marathon

Sample Training Plan

Duration: 12 weeks

Main Goal: Running 10k comfortably.

Level: Beginner to Intermediate.

Summary: The present plan is intended for ~~XXXXXXXXXX~~ who filled a questionnaire and based on the information provided in it, this plan has been designed to address the life style, personal circumstances, diet preferences, restrictions and goals of aforementioned individual.

The first and second week are intended as the setters of an exercising routine. A few exercises have been selected that instead of challenging your physicality or fitness, they are intended to get you into the habit of exercising.

Weeks 3 to 6 present an increase both in volume and intensity of the exercises provided. This is to challenge the growth and active response of your musculo-skeletal kinetic chain.

Week 7 is a cross-training week which also provides you with plenty of rest to allow your body to build upon the encouraged adaptations in previous weeks.

Week 8 to 11 are intended to build up your mental and physical strength as well as establishing your endurance threshold.

Week 12 is the week that defines the pace you will be able to sustain during your next 10k run. The first day of this week is the hardest as you are encouraged to run half of the distance in 45% of the time your goal is for the full 10k.

At the end of this document, upon your request, you will find a proposal for a nutrition plan to run alongside your 12-week training plan. The plan includes meals you should consider and some recipes you might want to follow as well as directions for where to find certain ingredients.

WEEK 1

Monday:

Main activity: 17 minutes briskly walk, including 10 squats every 180 seconds.