my BCA | JAKARTA RUNNING FEST 2026

SHOW UP!

12-WEEK TRAINING PROGRAM

#LANGKAHBERSAMA

AR JAKARTA

INTRODUCTION

**Every finish line begins long before race day.
It begins with one decision.**

Welcome to your official 12-week training guide for the myBCA Jakarta Running Festival 2026.

Whether you're preparing for your first 5K or aiming for a new marathon personal best, this guide is designed to help you train with purpose, build confidence, and stay consistent throughout your journey.

Every training session is an opportunity to become stronger, physically and mentally. Some days will feel easy, while others will challenge your discipline.
But lasting progress is never built in a single workout.
It comes from the commitment to keep moving forward, one run at a time.

Trust the process, embrace the journey, and let every step prepare you for the moment you stand at the starting line. When race day arrives, the finish line won't only reflect the distance you've covered, but the dedication you've built along the way.

Show Up. Every Step Matters.

THE THREE PILLARS

This booklet includes weekly training plans customized by race category: 5K, 10K, Half Marathon (21K), and Marathon (42K). Each week **features three pillars**:

- **Running Program**
- **Strength Program**
- **Nutrition & Recovery Program**

Each page contains a weekly view with daily workouts and tips. Find your race category, follow the plan, and listen to your body. Highlight milestones, celebrate small wins, and don't skip recovery days!

RUNNING & STRENGTH

Each category includes:

- 12-week structured running workouts (easy runs, intervals, tempo, long runs)
- Scalable strength circuits to support mobility and power
- Regular simulation runs and fitness tests

Plans progress gradually, with peak efforts in Weeks 8–11 and a taper in Week 12.

NUTRITION & RECOVERY PROGRAM

Training is more than just running. The Nutrition & Recovery pillar helps you recover better, eat smarter, and prepare holistically:

- **Nutrition Tips:**
  Learn what to eat pre/post run, build carbo loading strategy, and optimize hydration.

- **Recovery Tips:**
  Prioritize sleep, use mobility routines, and try ice baths or stretching protocols.

- **Weekly Focus:**
  Each week includes a theme like antioxidants, gut health, or race-day fueling.

HOW TO FIND YOUR 1-MILE BEST

(FOR BEGINNERS OR FIRST-TIME RACERS)

If you've never run a timed race before, here's how to estimate your mile best and your training paces:

Option 1: Time Trial

Warm up for 10–15 min
(easy jog + dynamic stretches)

On a flat track or measured path, run 1 mile at the fastest pace you can sustain

Record your time

Use this to estimate your 5K pace
(usually 15–20% slower per km)

Option 2: Estimation Formula

If you know your comfortable running pace but not your race pace:

Estimated 1-Mile Time = Your fastest 1K time × 1.6

Example:

If your fastest 1K is 4:30, then 1-mile best ≈ 7:12

Tips for Accurate Results:

Don't do a mile test when you're sore or tired. Run on flat terrain or track for consistency. Do it in Week 1 or 2 of the program—before the workouts get tough! Retest around Week 8–9 to see your progress.

PACE CHART

The running program in this booklet will often use your 5K pace as a reference. That's why we believe this will be helpful for you.

5K Goal Time	Pace/km	Pace/mile	Estimated 1-Mile Best
18:00	3:36	5:48	5:30 - 5:40
20:00	4:00	6:26	5:50 - 6:10
22:30	4:30	7:15	6:15 - 6:45
25:00	5:00	8:03	6:45 - 7:30
27:30	5:30	8:51	7:30 - 8:00
30:00	6:00	9:39	8:00 - 8:45
32:30	6:30	10:28	8:45 - 9:15
35:00	7:00	11:16	9:30 - 10:00
37:30	7:30	12:04	10:00 - 10:45
40:00	8:00	12:52	11:00 - 11:45

Notes:
Your mile best pace is typically faster than your 5K race pace. Think of it as your top-end speed for short efforts.

RUNNER MINDSET TIP

The hardest part is often just getting started.

Every training session is a promise you make to yourself. Some runs will feel great, others won't, but each one strengthens your body, sharpens your mindset, and moves you one step closer to race day.

SAMSUNG GALAXY 5K TRAINING PROGRAM

W. 1

MONDAY 3 August	TUESDAY 4 August	WEDNESDAY 5 August	THURSDAY 6 August	FRIDAY 7 August	SATURDAY 8 August	SUNDAY 9 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
4K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Tempo** **1K x 5 rest 1 min** 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching 3 x 12 reps Dead Bug (each side) 3 x 12 reps Bird Dog (each side) 3 x 12 reps Hold Squat Calf Raise 3 x 12 reps Glute Bridge March (each side) 3 x 12 reps Reverse Lunges (each side) 3 x 12 reps Inchworm **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 9K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 7K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Parameter Test 5K (Engine Check)** The results from this test can update your training pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 2

MONDAY 10 August	TUESDAY 11 August	WEDNESDAY 12 August	THURSDAY 13 August	FRIDAY 14 August	SATURDAY 15 August	SUNDAY 16 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
4K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Tempo** **1K x 6 rest 1 min** 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching 2 x 12 reps Dead Bug (each side) 2 x 12 reps Bird Dog (each side) 2 x 12 reps Hold Squat Calf Raise 2 x 12 reps Glute Bridge March (each side) 2 x 12 reps Reverse Lunges (each side) 3 x 12 reps Inchworm **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 12K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 3

MONDAY 17 August	TUESDAY 18 August	WEDNESDAY 19 August	THURSDAY 20 August	FRIDAY 21 August	SATURDAY 22 August	SUNDAY 23 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
4K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Threshold** **3K x 2 Rest 2 min** 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching 3 x 15 reps Dead Bug (each side) 3 x 15 reps Bird Dog (each side) 3 x 15 reps Hold Squat Calf Raise 3 x 15 reps Glute Bridge March (each side) 3 x 12 reps Reverse Lunges (each side) 3 x 15 reps Inchworm **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 11K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 8K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 13K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 4

MONDAY 24 August	TUESDAY 25 August	WEDNESDAY 26 August	THURSDAY 27 August	FRIDAY 28 August	SATURDAY 29 August	SUNDAY 30 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
4K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching 2 x 15 reps Dead Bug (each side) 2 x 15 reps Bird Dog (each side) 2 x 15 reps Hold Squat Calf Raise 2 x 15 reps Glute Bridge March (each side) 2 x 15 reps Reverse Lunges (each side) 2 x 15 reps Inchworm **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Fartlek Pyramid 500m fast; 500m slow x 6** No rules play your speed **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 12K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 5

MONDAY 31 August	TUESDAY 1 September	WEDNESDAY 2 September	THURSDAY 3 September	FRIDAY 4 September	SATURDAY 5 September	SUNDAY 6 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
4K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Tempo Run 2.5K x 2 + 100m Strides × 10** 40 seconds slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 30 reps Single Leg Calf Raises (each side) 3 x 12 reps Single Leg Glute Bridge (each side) 3 x 12 reps Forward Lunges (each side) 3 x 12 reps Lateral Squat (each side) 3 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 5K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 12K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 6

MONDAY 7 September	TUESDAY 8 September	WEDNESDAY 9 September	THURSDAY 10 September	FRIDAY 11 September	SATURDAY 12 September	SUNDAY 13 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Fartlek Pyramid 500m fast; 500m slow x 6** No rules play your speed **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 40 reps Single Leg Calf Raises (each side) 3 x 15 reps Single Leg Glute Bridge (each side) 3 x 15 reps Forward Lunges (each side) 3 x 15 reps Lateral Squat (each side) 3 x 12 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 6K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 13K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 7

MONDAY 14 September	TUESDAY 15 September	WEDNESDAY 16 September	THURSDAY 17 September	FRIDAY 18 September	SATURDAY 19 September	SUNDAY 20 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 1000m x 5 Rest 3 min** 25 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 40 reps Single Leg Calf Raises (each side) 3 x 15 reps Single Leg Glute Bridge (each side) 3 x 15 reps Forward Lunges (each side) 3 x 15 reps Lateral Squat (each side) 3 x 12 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 8K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 14K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 8

MONDAY 21 September	TUESDAY 22 September	WEDNESDAY 23 September	THURSDAY 24 September	FRIDAY 25 September	SATURDAY 26 September	SUNDAY 27 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 400m x 10 Rest 3 min** 35 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 2 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 2 x 40 reps Single Leg Calf Raises (each side) 2 x 15 reps Single Leg Glute Bridge (each side) 2 x 15 reps Forward Lunges (each side) 2 x 15 reps Lateral Squat (each side) 2 x 12 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Tempo 6K** 40 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 10K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 9

MONDAY 28 September	TUESDAY 29 September	WEDNESDAY 30 September	THURSDAY 1 October	FRIDAY 2 October	SATURDAY 3 October	SUNDAY 4 October
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Threshold 3K x 2 rest 3 min** 25 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Core Circuit Training - 3 sets:** 1 min Plank Shoulder Tap 20 reps Side Plank Leg Raises (each side) **Workout 2** **Circuit Training - 2 sets:** 30 sec Jumping Jacks 20 sec Mountain Climbers (as fast as possible) 10 reps Burpees **Workout 3:** 3 x 12 reps Reverse Lunges to Forward Lunges (each side) 3 x 12 reps Lateral Lunges to High Knee (each side) 3 x 1 min Lateral Bear Crawl 3 x 12 reps Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Interval Training 400m x 10 Rest 3 min** 35 sec/km faster than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 13K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 10

MONDAY 5 October	TUESDAY 6 October	WEDNESDAY 7 October	THURSDAY 8 October	FRIDAY 9 October	SATURDAY 10 October	SUNDAY 11 October
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval 400m x 10** **Rest 3 min** 35 sec/km faster than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Core Circuit Training - 3 sets:** 1 min Plank Shoulder Tap 20 reps Side Plank Leg Raises (each side) **Workout 2** **Circuit Training - 2 sets:** 30 sec Jumping Jacks 20 sec Mountain Climbers (as fast as possible) 10 reps Burpees **Workout 3:** 3 x 12 reps Reverse Lunges to Forward Lunges (each side) 3 x 12 reps Lateral Lunges to High Knee (each side) 3 x 1 min Lateral Bear Crawl 3 x 12 reps Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 12K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 11

MONDAY 12 October	TUESDAY 13 October	WEDNESDAY 14 October	THURSDAY 15 October	FRIDAY 16 October	SATURDAY 17 October	SUNDAY 18 October
RUNNING	RUNNING	RUNNING	RUNNING	STRENGTH	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Threshold Run 2.5K x 2** 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Easy run 5K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Protein loading	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Mobility & Core:** 2 x 1 min Elbow Plank 2 x 30 sec Side Plank 2 x 10 reps Inchworm 2 x 10 reps Thread the Needle (each side) 2 x 10 reps 90/90 Stretch (each side) 2 x 10 reps Scorpion Stretch (each side) 2 x 10 reps World's Greatest Stretch (each side) **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 10K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 12

MONDAY 19 October	TUESDAY 20 October	WEDNESDAY 21 October	THURSDAY 22 October	FRIDAY 23 October	SATURDAY 24 October
REST	RUNNING	RUNNING	REST	RUNNING	RACE DAY
Rest **Nutrition:** Carbo 50%, Protein 50%	**Threshold Run 2K x 2** 5K pace **Nutrition:** Carbo 40%, Protein 40%, Good fats 20%	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Rest** **Nutrition:** Carbo 60%, Protein 20%, Good fats 20%	**Shake Out Run 3K** HR zone 2 **Nutrition & Recovery:** Carbo-loading with the best foods, stay hydrated, go to bed early, and avoid screens after 7 PM.	
TAPER - NO STRENGTH PROGRAM					

LE MINERALE 10K TRAINING PROGRAM

Le Minerale tips:
Support your body's mineral needs with Le Minerale, containing high-quality essential minerals to help you perform at your best on every run.

W. 1

MONDAY 3 August	TUESDAY 4 August	WEDNESDAY 5 August	THURSDAY 6 August	FRIDAY 7 August	SATURDAY 8 August	SUNDAY 9 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
4K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Tempo** **1K x 6 rest 1 min** 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching 3 x 12 reps Dead Bug (each side) 3 x 12 reps Bird Dog (each side) 3 x 12 reps Hold Squat Calf Raise 3 x 12 reps Glute Bridge March (each side) 3 x 12 reps Reverse Lunges (each side) 3 x 12 reps Inchworm **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 9K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 8K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Parameter Test 5K (Engine Check)** The results from this test can update your training pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 2

MONDAY 10 August	TUESDAY 11 August	WEDNESDAY 12 August	THURSDAY 13 August	FRIDAY 14 August	SATURDAY 15 August	SUNDAY 16 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
4K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Tempo** **1K x 6 rest 1 min** 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching 2 x 12 reps Dead Bug (each side) 2 x 12 reps Bird Dog (each side) 2 x 12 reps Hold Squat Calf Raise 2 x 12 reps Glute Bridge March (each side) 2 x 12 reps Reverse Lunges (each side) 2 x 12 reps Inchworm **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 12K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 3

MONDAY 17 August	TUESDAY 18 August	WEDNESDAY 19 August	THURSDAY 20 August	FRIDAY 21 August	SATURDAY 22 August	SUNDAY 23 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
4K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Threshold** **3K x 2 Rest 2 min** 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching 3 x 15 reps Dead Bug (each side) 3 x 15 reps Bird Dog (each side) 3 x 15 reps Hold Squat Calf Raise 3 x 15 reps Glute Bridge March (each side) 3 x 12 reps Reverse Lunges (each side) 3 x 15 reps Inchworm **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 11K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 8K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 13K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 4

MONDAY 24 August	TUESDAY 25 August	WEDNESDAY 26 August	THURSDAY 27 August	FRIDAY 28 August	SATURDAY 29 August	SUNDAY 30 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching 2 x 15 reps Dead Bug (each side) 2 x 15 reps Bird Dog (each side) 2 x 15 reps Hold Squat Calf Raise 2 x 15 reps Glute Bridge March (each side) 2 x 15 reps Reverse Lunges (each side) 2 x 15 reps Inchworm **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Medium Run 5K** 1 min/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 15K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 5

MONDAY 31 August	TUESDAY 1 September	WEDNESDAY 2 September	THURSDAY 3 September	FRIDAY 4 September	SATURDAY 5 September	SUNDAY 6 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Tempo Run 2.5K x 2 + 100m Strides × 10** 40 seconds slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 30 reps Single Leg Calf Raises (each side) 3 x 12 reps Single Leg Glute Bridge (each side) 3 x 12 reps Forward Lunges (each side) 3 x 12 reps Lateral Squat (each side) 3 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 6K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 16K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 6

MONDAY 7 September	TUESDAY 8 September	WEDNESDAY 9 September	THURSDAY 10 September	FRIDAY 11 September	SATURDAY 12 September	SUNDAY 13 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Fartlek** **500m fast** **500m slow;** **repeat 8x** Speed play **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 40 reps Single Leg Calf Raises (each side) 3 x 15 reps Single Leg Glute Bridge (each side) 3 x 15 reps Forward Lunges (each side) 3 x 15 Reps Lateral Squat (each side) 3 x 12 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 8K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Nutrition & Recovery Offline Session, Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy run 14K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 7

MONDAY 14 September	TUESDAY 15 September	WEDNESDAY 16 September	THURSDAY 17 September	FRIDAY 18 September	SATURDAY 19 September	SUNDAY 20 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 1000m x 6 Rest 3 min** 25 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 40 reps Single Leg Calf Raises (each side) 3 x 15 reps Single Leg Glute Bridge (each side) 3 x 15 reps Forward Lunges (each side) 3 x 15 reps Lateral Squat (each side) 3 x 12 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 8K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 15K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 8

MONDAY 21 September	TUESDAY 22 September	WEDNESDAY 23 September	THURSDAY 24 September	FRIDAY 25 September	SATURDAY 26 September	SUNDAY 27 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 600m x 10 Rest 3 min** 35 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 2 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 2 x 40 reps Single Leg Calf Raises (each side) 2 x 15 reps Single Leg Glute Bridge (each side) 2 x 15 reps Forward Lunges (each side) 2 x 15 reps Lateral Squat (each side) 2 x 12 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 8K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 16K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 9

MONDAY 28 September	TUESDAY 29 September	WEDNESDAY 30 September	THURSDAY 1 October	FRIDAY 2 October	SATURDAY 3 October	SUNDAY 4 October
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 400m x 12 Rest 3 min** 35 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Core Circuit Training - 3 sets:** 1 min Plank Shoulder Tap 20 reps Side Plank Leg Raises (each side) **Workout 2** **Circuit Training - 2 sets:** 30 sec Jumping Jacks 20 sec Mountain Climbers (as fast as possible) 10 reps Burpees **Workout 3:** 3 x 12 reps Reverse Lunges to Forward Lunges (each side) 3 x 12 reps Lateral Lunges to High Knee (each side) 3 x 1 min Lateral Bear Crawl 3 x 12 reps Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 12K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 10

MONDAY 5 October	TUESDAY 6 October	WEDNESDAY 7 October	THURSDAY 8 October	FRIDAY 9 October	SATURDAY 10 October	SUNDAY 11 October
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval 400m x 15 Rest 3 min** 35 sec/km faster than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Core Circuit Training - 3 sets:** 1 min Plank Shoulder Tap 20 reps Side Plank Leg Raises (each side) **Workout 2** **Circuit Training - 2 sets:** 30 sec Jumping Jacks 20 sec Mountain Climbers (as fast as possible) 10 reps Burpees **Workout 3:** 3 x 12 reps Reverse Lunges to Forward Lunges (each side) 3 x 12 reps Lateral Lunges to High Knee (each side) 3 x 1 min Lateral Bear Crawl 3 x 12 reps Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Medium Run 6K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 12K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 11

MONDAY 12 October	TUESDAY 13 October	WEDNESDAY 14 October	THURSDAY 15 October	FRIDAY 16 October	SATURDAY 17 October	SUNDAY 18 October
RUNNING	RUNNING	RUNNING	RUNNING	STRENGTH	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Tempo Run 3K x 2** 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Easy run 5K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Protein loading	**Medium Run 5K** 1 min/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Mobility & Core:** 2 x 1 min Elbow Plank 2 x 30 sec Side Plank 2 x 10 reps Inchworm 2 x 10 reps Thread the Needle (each side) 2 x 10 reps 90/90 Stretch (each side) 2 x 10 reps Scorpion Stretch (each side) 2 x 10 reps World's Greatest Stretch (each side) **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 10K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 12

MONDAY 19 October	TUESDAY 20 October	WEDNESDAY 21 October	THURSDAY 22 October	FRIDAY 23 October	SATURDAY 24 October	SUNDAY 25 October
REST	RUNNING	RUNNING	REST	REST	RUNNING	RACE DAY
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Threshold Run 2K x 2** 5K pace **Nutrition:** Carbo 40%, Protein 40%, Good fats 20%	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Protein Loading	**Rest** **Nutrition:** Focus on antioxidant-rich foods	**Rest** **Nutrition:** Carbo 60%, Protein 20%, Good fats 20%	**Shake Out Run 3K** HR zone 2 **Nutrition:** Carbo-load with the best foods, stay hydrated, go to bed early, and avoid screens after 7 PM	

TAPER - NO STRENGTH PROGRAM

myBCA JAKARTA HALF MARATHON TRAINING PROGRAM

W. 1

MONDAY 3 August	TUESDAY 4 August	WEDNESDAY 5 August	THURSDAY 6 August	FRIDAY 7 August	SATURDAY 8 August	SUNDAY 9 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Tempo 1K x 7 rest 1 min** 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** 3 x 12 reps Dead Bug (each side) 3 x 12 reps Bird Dog (each side) **Workout 2:** 3 x 12 reps Hold Squat Calf Raise 3 x 12 reps Glute Bridge March (each side) 3 x 12 reps Forward Lunges with Rotation (each side) 3 x 8 reps Inchworm to Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 11K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 9K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Parameter Test 5K (Engine Check)** The results from this test can update your training pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 2

MONDAY 10 August	TUESDAY 11 August	WEDNESDAY 12 August	THURSDAY 13 August	FRIDAY 14 August	SATURDAY 15 August	SUNDAY 16 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Tempo 1K x 7 rest 1 min** 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** 2 x 12 reps Dead Bug (each side) 2 x 12 reps Bird Dog (each side) **Workout 2:** 2 x 12 reps Hold Squat Calf Raise 2 x 12 reps Glute Bridge March (each side) 2 x 12 reps Forward Lunges with Rotation (each side) 2 x 8 reps Inchworm to Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 9K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 14K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 3

MONDAY 17 August	TUESDAY 18 August	WEDNESDAY 19 August	THURSDAY 20 August	FRIDAY 21 August	SATURDAY 22 August	SUNDAY 23 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Threshold 3.5K x 2 Rest 2 min** 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** 3 x 15 reps Dead Bug (each side) 3 x 15 reps Bird Dog (each side) **Workout 2:** 3 x 15 reps Hold Squat Calf Raise 3 x 15 reps Glute Bridge March (each side) 3 x 15 reps Forward Lunges with Rotation (each side) 3 x 10 reps Inchworm to Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 10K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 15K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 4

MONDAY 24 August	TUESDAY 25 August	WEDNESDAY 26 August	THURSDAY 27 August	FRIDAY 28 August	SATURDAY 29 August	SUNDAY 30 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Easy Run 11K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** 2 x 15 reps Dead Bug (each side) 2 x 15 reps Bird Dog (each side) **Workout 2:** 2 x 15 reps Hold Squat Calf Raise 2 x 15 reps Glute Bridge March (each side) 2 x 15 reps Forward Lunges with Rotation (each side) 2 x 10 reps Inchworm to Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Medium Run 11K** 1 min/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 17K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 5

MONDAY 31 August	TUESDAY 1 September	WEDNESDAY 2 September	THURSDAY 3 September	FRIDAY 4 September	SATURDAY 5 September	SUNDAY 6 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Tempo Run 2.5K x 3 + 100m Strides × 10** 40 seconds slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 30 reps Single Leg Calf Raises (each side) 3 x 15 reps Single Leg Glute Bridge (each side) 3 x 12 reps Forward Lunges (each side) 3 x 12 reps Lateral Squat (each side) 3 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 10K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 18K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 6

MONDAY 7 September	TUESDAY 8 September	WEDNESDAY 9 September	THURSDAY 10 September	FRIDAY 11 September	SATURDAY 12 September	SUNDAY 13 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Fartlek** **500m fast** **500m slow;** **repeat 9x** Speed play **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 40 reps Single Leg Calf Raises (each side) 3 x 20 reps Single Leg Glute Bridge (each side) 3 x 12 reps Forward Lunges with Rotation (each side) 3 x 12 reps Lateral Lunges to High Knees (each side) 3 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 11K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 20K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 7

MONDAY 14 September	TUESDAY 15 September	WEDNESDAY 16 September	THURSDAY 17 September	FRIDAY 18 September	SATURDAY 19 September	SUNDAY 20 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 1000m x 10 Rest 3 min** 20 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 40 reps Single Leg Calf Raises (each side) 3 x 20 reps Single Leg Glute Bridge (each side) 3 x 12 reps Forward Lunges with Rotation (each side) 3 x 12 reps Lateral Lunges to High Knees (each side) 3 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 12K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 18K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 8

MONDAY 21 September	TUESDAY 22 September	WEDNESDAY 23 September	THURSDAY 24 September	FRIDAY 25 September	SATURDAY 26 September	SUNDAY 27 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 600m x 10 Rest 3 min** 25 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 2 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 2 x 40 reps Single Leg Calf Raises (each side) 2 x 20 reps Single Leg Glute Bridge (each side) 2 x 12 reps Forward Lunges with Rotation (each side) 2 x 12 reps Lateral Lunges to High Knees (each side) 2 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 10K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 16K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 9

MONDAY 28 September	TUESDAY 29 September	WEDNESDAY 30 September	THURSDAY 1 October	FRIDAY 2 October	SATURDAY 3 October	SUNDAY 4 October
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 400m x 15 Rest 3 min** 20 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Core Circuit Training - 3 sets:** 1 min Plank Shoulder Tap 20 reps Side Plank Leg Raises (each side) **Workout 2** **Circuit Training - 2 sets:** 30 sec Jumping Jacks 20 sec Mountain Climbers (as fast as possible) 10 reps Burpees **Workout 3:** 3 x 10 reps Reverse Lunges to Forward Lunges (each side) 3 x 10 Reps Lateral Lunges to High Knee (each side) 3 x 30 sec Lateral Bear Crawl 3 x 8 reps Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 14K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 10

MONDAY 5 October	TUESDAY 6 October	WEDNESDAY 7 October	THURSDAY 8 October	FRIDAY 9 October	SATURDAY 10 October	SUNDAY 11 October
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Training 400m x 20 Rest 3 min** 15 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Core Circuit Training - 2 sets:** 1 min Plank Shoulder Tap 20 reps Side Plank Leg Raises (each side) **Workout 2:** 2 x 10 reps Reverse Lunges to Forward Lunges (each side) 2 x 10 Reps Lateral Lunges to High Knee (each side) 2 x 30 sec Lateral Bear Crawl 2 x 10 reps Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 12K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 12K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 11

MONDAY 12 October	TUESDAY 13 October	WEDNESDAY 14 October	THURSDAY 15 October	FRIDAY 16 October	SATURDAY 17 October	SUNDAY 18 October
RUNNING	RUNNING	RUNNING	RUNNING	STRENGTH	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Tempo Run 4K x 2 Rest 2 min** 40 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Easy run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Protein loading	**Medium Run 10K** 1 min/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Mobility & Core:** 2 x 1 min Elbow Plank 2 x 30 sec Side Plank 2 x 10 reps Inchworm 2 x 10 reps Thread the Needle (each side) 2 x 10 reps 90/90 Stretch (each side) 2 x 10 reps Scorpion Stretch (each side) 2 x 10 reps World's Greatest Stretch (each side) **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 10K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 12

MONDAY 19 October	TUESDAY 20 October	WEDNESDAY 21 October	THURSDAY 22 October	FRIDAY 23 October	SATURDAY 24 October
REST	RUNNING	RUNNING	REST	RUNNING	RACE DAY
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Threshold Run 2K x 4 Rest 3 min** 25 sec/km slower than 5K pac **Nutrition:** Carbo 40%, Protein 40%, Good fats 20%	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Rest** **Nutrition:** Carbo 60%, Protein 20%, Good fats 20%	**Shake Out Run 5K** HR zone 2 **Nutrition:** Carbo-load with the best foods, stay hydrated, go to bed early, and avoid screens after 7 PM	
TAPER - NO STRENGTH PROGRAM					

HYDROPLUS MARATHON TRAINING PROGRAM

W. 1

MONDAY 3 August	TUESDAY 4 August	WEDNESDAY 5 August	THURSDAY 6 August	FRIDAY 7 August	SATURDAY 8 August	SUNDAY 9 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Tempo 1K x 7 rest 1 min** 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** 3 x 12 reps Dead Bug (each side) 3 x 12 reps Bird Dog (each side) **Workout 2:** 3 x 12 reps Hold Squat Calf Raise 3 x 12 reps Glute Bridge March (each side) 3 x 12 reps Forward Lunges with Rotation (each side) 3 x 8 reps Inchworm to Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 13K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 10K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Parameter Test 5K (Engine Check)** The results from this test can update your training pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 2

MONDAY 10 August	TUESDAY 11 August	WEDNESDAY 12 August	THURSDAY 13 August	FRIDAY 14 August	SATURDAY 15 August	SUNDAY 16 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Tempo 1K x 8 rest 1 min** 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** 2 x 12 reps Dead Bug (each side) 2 x 12 reps Bird Dog (each side) **Workout 2:** 2 x 12 reps Hold Squat Calf Raise 2 x 12 reps Glute Bridge March (each side) 2 x 12 reps Forward Lunges with Rotation (each side) 2 x 8 reps Inchworm to Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 14K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 11K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 14K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 3

MONDAY 17 August	TUESDAY 18 August	WEDNESDAY 19 August	THURSDAY 20 August	FRIDAY 21 August	SATURDAY 22 August	SUNDAY 23 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Threshold 3K x 2 Rest 2 min** 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** 3 x 15 reps Dead Bug (each side) 3 x 15 reps Bird Dog (each side) **Workout 2:** 3 x 15 reps Hold Squat Calf Raise 3 x 15 reps Glute Bridge March (each side) 3 x 15 reps Forward Lunges with Rotation (each side) 3 x 10 reps Inchworm to Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 14K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 11K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 17K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 4

MONDAY 24 August	TUESDAY 25 August	WEDNESDAY 26 August	THURSDAY 27 August	FRIDAY 28 August	SATURDAY 29 August	SUNDAY 30 August
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1:** 2 x 15 reps Dead Bug (each side) 2 x 15 reps Bird Dog (each side) **Workout 2:** 2 x 15 reps Hold Squat Calf Raise 2 x 15 reps Glute Bridge March (each side) 2 x 15 reps Forward Lunges with Rotation (each side) 2 x 10 reps Inchworm to Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Medium Run 11K** 1 min/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 18K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 5

MONDAY 31 August	TUESDAY 1 September	WEDNESDAY 2 September	THURSDAY 3 September	FRIDAY 4 September	SATURDAY 5 September	SUNDAY 6 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Tempo Run 3K x 3 + 100m Strides × 10** 40 seconds slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 30 reps Single Leg Calf Raises (each side) 3 x 15 reps Single Leg Glute Bridge (each side) 3 x 12 reps Forward Lunges (each side) 3 x 12 reps Lateral Squat (each side) 3 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 13K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 10K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 20K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 6

MONDAY 7 September	TUESDAY 8 September	WEDNESDAY 9 September	THURSDAY 10 September	FRIDAY 11 September	SATURDAY 12 September	SUNDAY 13 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Fartlek** **500m fast** **500m slow;** **repeat 10x** Speed play **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 40 reps Single Leg Calf Raises (each side) 3 x 20 reps Single Leg Glute Bridge (each side) 3 x 12 reps Forward Lunges with Rotation (each side) 3 x 12 reps Lateral Lunges to High Knees (each side) 3 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 12K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 20K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 7

MONDAY 14 September	TUESDAY 15 September	WEDNESDAY 16 September	THURSDAY 17 September	FRIDAY 18 September	SATURDAY 19 September	SUNDAY 20 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
6K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 1000m x 10 Rest 3 min** 20 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 3 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 3 x 40 reps Single Leg Calf Raises (each side) 3 x 20 reps Single Leg Glute Bridge (each side) 3 x 12 reps Forward Lunges with Rotation (each side) 3 x 12 reps Lateral Lunges to High Knees (each side) 3 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 14K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 10K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 28K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 8

MONDAY 21 September	TUESDAY 22 September	WEDNESDAY 23 September	THURSDAY 24 September	FRIDAY 25 September	SATURDAY 26 September	SUNDAY 27 September
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
6K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 600m x 10 Rest 3 min** 25 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Circuit Training - 2 sets:** 1 min Alternating Single Leg Plank 10 reps Side Plank with Rotation (each side) **Workout 2:** 2 x 40 reps Single Leg Calf Raises (each side) 2 x 20 reps Single Leg Glute Bridge (each side) 2 x 12 reps Forward Lunges with Rotation (each side) 2 x 12 reps Lateral Lunges to High Knees (each side) 2 x 10 Push Up / Knee Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 12K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, void screens after 7 PM	**Easy Long Run 32K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 9

MONDAY 28 September	TUESDAY 29 September	WEDNESDAY 30 September	THURSDAY 1 October	FRIDAY 2 October	SATURDAY 3 October	SUNDAY 4 October
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Interval Training 800m x 10 Rest 3 min** 20 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Workout 1** **Core Circuit Training - 2 sets:** 1 min Plank Shoulder Tap 20 reps Side Plank Leg Raises (each side) **Workout 2** **Circuit Training - 2 sets:** 30 sec Jumping Jacks 20 sec Mountain Climbers (as fast as possible) 10 reps Burpees **Workout 3:** 2 x 10 reps Reverse Lunges to Forward Lunges (each side) 2 x 10 Reps Lateral Lunges to High Knee (each side) 2 x 30 sec Lateral Bear Crawl 2 x 8 reps Push Up **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 12K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 16K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 10

MONDAY 5 October	TUESDAY 6 October	WEDNESDAY 7 October	THURSDAY 8 October	FRIDAY 9 October	SATURDAY 10 October	SUNDAY 11 October
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Interval Training 800m x 10 Rest 3 min** 20 sec/km faster than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Warm up:** 5-10 min of dynamic stretching **Core Circuit Training - 2 sets:** 1 min Plank Shoulder Tap 30 sec Side Plank (each side) 15 reps Leg Raise 1 min Russian Twist **Cool down:** 5-10 min of static stretching **Rest between sets:** 30-60 sec **Rest between exercises:** 60-90 sec **Nutrition:** Protein loading	**Easy Run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 10K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 14K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 11

MONDAY 12 October	TUESDAY 13 October	WEDNESDAY 14 October	THURSDAY 15 October	FRIDAY 16 October	SATURDAY 17 October	SUNDAY 18 October
RUNNING	RUNNING	RUNNING	RUNNING	STRENGTH	REST	RUNNING
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Tempo Run 5K x 2 Rest 2 min** 40 sec/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Easy run 8K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Medium Run 10K** 1 min/km slower than 5K pace **Nutrition:** Carbo 30%, Protein 40%, Good fats 30%	**Mobility & Core:** 2 x 1 min Elbow Plank 2 x 30 sec Side Plank 2 x 10 reps Inchworm 2 x 10 reps Thread the Needle (each side) 2 x 10 reps 90/90 Stretch (each side) 2 x 10 reps Scorpion Stretch (each side) 2 x 10 reps World's Greatest Stretch (each side) **Nutrition:** Protein loading	**Rest** **Nutrition & Recovery:** Carbo-loading for Sunday's run (avoid trying anything new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	**Easy Long Run 12K** 1 min 45 sec/km slower than 5K pace **Nutrition:** Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min at noon

W. 12

MONDAY 19 October	TUESDAY 20 October	WEDNESDAY 21 October	THURSDAY 22 October	FRIDAY 23 October	SATURDAY 24 October	SUNDAY 25 October
REST	RUNNING	RUNNING	RUNNING	REST	RUNNING	RACE DAY
5K Recovery Run Just jog on easy effort **Nutrition:** Carbo 50%, Protein 50%	**Threshold Run 3K x 3 Rest 3 min** 25 sec/km slower than 5K pac **Nutrition:** Carbo 40%, Protein 40%, Good fats 20%	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Easy Run 6K** 1 min 30 sec/km slower than 5K pace **Nutrition:** Focus on antioxidant-rich foods	**Rest** **Nutrition:** Carbo 60%, Protein 20%, Good fats 20%	**Shake Out Run 3K** HR zone 2 **Nutrition:** Carbo-load with the best foods, stay hydrated, go to bed early, and avoid screens after 7 PM	

TAPER - NO STRENGTH PROGRAM

my BCA | JAKARTA RUNNING FEST 2026

SHOW UP!

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