



CELEBRATE YOUR 16-WEEK TRAINING PROGRAM







INTRODUCTION

Welcome to your official 16-week training journey to the wondr Jakarta Running Festival 2025!

Whether you're running your first 5K or pushing toward a marathon personal best, this guide is your trusted partner every step, stride, and sweat drop along the way.

wondr Jakarta Running Festival 2025 isn't just a race, it's a celebration of movement, community, and personal breakthroughs. Over the next 16 weeks, you'll build endurance, strength, and confidence to cross the finish line strong. Trust the process, enjoy the progress, and remember:

"The journey is just as powerful as the destination"







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THE THREE PILLARS

This booklet includes weekly training plans customized by race category: 5K, 10K, Half Marathon (21K), and Full 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:

- ▶ 16-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 12–15 and a taper in Week 16.





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 carb-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 VIRGIN RACERS)

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

1 mile = 1.6 km

Option 1: Time Trial

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

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

Record your time

Use this to estimate your 5K pace (usually 15–20% slower per km than your 1-mile pace)

Option 2: Estimation Formula

Est. 1-Mile Time = Your fastest 1K time × 1.6

Example: If your fastest 1K is 4:30 mins., then 1-mile best \approx 7:12 mins.

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 (min/km)	Pace (min/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 finish line is built one training day at a time. Consistency beats intensity.







SAMSUNG GALAXY 5K TRAINING PROGRAM



W. 1	MONDAY 7 July	TUESDAY 8 July	WEDNESDAY 9 July	THURSDAY 10 July	FRIDAY 11 July	SATURDAY 12 July	SUNDAY 13 July
	RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
	EASY 18 MINS. 1'30" SLOWER THAN 5K PACE	FARTLEK 3 MINS. FAST 3 MINS. SLOW REPEAT 4 TIMES NO PACE RULES, PLAY YOUR SPEED	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 1 mins. High Plank 30 sec. Side Plank (each side) 1 mins. Wall Sit 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 sec. Rest between exercises: 60-90 sec.	EASY 45 MINS. 1'30" SLOWER THAN 5K PACE	36 MINS. MEDIUM RUN 1710" SLOWER THAN 5K PACE	REST	EASY 54 MINS. 1'45" SLOWER THAN 5K PACE
W. 2	MONDAY 14 July	TUESDAY 15 July	WEDNESDAY 16 July	THURSDAY 17 July	FRIDAY 18 July	SATURDAY 19 July	SUNDAY 20 July
	RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
	20 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	FARTLEK 3 MINS. FAST 3 MINS. SLOW REPEAT 5 TIMES NO PACE RULES, PLAY YOUR SPEED	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 1 mins. High Plank 30 sec. Side Plank (each side) 1 mins. Wall Sit 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 sec. Rest between exercises: 60-90 sec.	EASY 50 MINS. 1'30" SLOWER THAN 5K PACE	40 MINS. MEDIUM RUN 1'10" SLOWER THAN 5K PACE	REST	EASY 60 MINS. 1'45" SLOWER THAN 5K PACE
W. 3	MONDAY 21 July	TUESDAY 22 July	WEDNESDAY 23 July	THURSDAY 24 July	FRIDAY 25 July	SATURDAY 26 July	SUNDAY 27 July
W. 3							
W. 3	21 July	22 July	23 July	24 July	25 July	26 July	27 July
W. 3	21 July RUNNING 22 MINS. RECOVERY RUN JUST JOG	22 July RUNNING 32 MINS. TEMPO 40" SLOWER	23 July Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set) 1 mins. High Plank 30 sec. Side Plank (each side) 10 rep. Split Squat (each side) 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises:	24 July RUNNING EASY 54 MINS. 1'30" SLOWER	25 July RUNNING 43 MINS. MEDIUM RUN 110" SLOWER	26 July	27 July RUNNING EASY 65 MINS. 1'45" SLOWER
	21 July RUNNING 22 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	22 July RUNNING 32 MINS. TEMPO 40" SLOWER THAN 5K PACE	23 July Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set) 1 mins. High Plank 30 sec. Side Plank (each side) 10 rep. Split Squat (each side) 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	24 July RUNNING EASY 54 MINS. 1'30" SLOWER THAN 5K PACE	25 July RUNNING 43 MINS. MEDIUM RUN 110" SLOWER THAN 5K PACE	26 July REST REST	27 July RUNNING EASY 65 MINS. 1'45" SLOWER THAN 5K PACE







W. 5	MONDAY 4 Aug	TUESDAY 5 Aug	WEDNESDAY 6 Aug	THURSDAY 7 Aug	FRIDAY 8 Aug	SATURDAY 9 Aug	SUNDAY 10 Aug
	RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
	4K RECOVERY RUN JUST JOG ON EASY EFFORT	INTERVAL TEMPO IK X 5 rest 1' 30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 3 x 12 rep. Dead Bug (each side) 3 x 12 rep. Bird Dog (each side) 3 x 12 rep. Hold Squat Calf Raise 3 x 12 rep. Glute Bridge March (each side) 3 x 12 rep. Reverse Lunges (each side) 3 x 12 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	EASY RUN 9K 1'30" SLOWER THAN 5K PACE	MEDIUM RUN 7K 1'10" SLOWER THAN 5K PACE	REST	LONG RUN 11K 1'45" SLOWER THAN 5K PACE
W. 6	MONDAY 11 Aug	TUESDAY 12 Aug	WEDNESDAY 13 Aug	THURSDAY 14 Aug	FRIDAY 15 Aug	SATURDAY 26 Aug	SUNDAY 17 Aug
	RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
	4K RECOVERY RUN JUST JOG ON EASY EFFORT	INTERVAL TEMPO 1K X 6 rest 1' 30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 2 x 12 rep. Dead Bug (each side) 2 x 12 rep. Bird Dog (each side) 2 x 12 rep. Bird Dog (each side) 2 x 12 rep. Glute Bridge March (each side) 2 x 12 rep. Glute Bridge March (each side) 3 x 12 rep. Reverse Lunges (each side) 3 x 12 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	EASY RUN 10K 1'30" SLOWER THAN 5K PACE	EASY RUN 8 1º10° SLOWE THAN 5K PA	R	TEST PARAMETER 5K (ENGINE CHECK) THE RESULT FROM THIS TEST CAN UPDATE YOUR TRAINING PACE
W.7	MONDAY 18 Aug	TUESDAY 19 Aug	WEDNESDAY 20 Aug	THURSDAY 21 Aug	FRIDAY 22 Aug	SATURDAY 23 Aug	SUNDAY 24 Aug
	RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
	4K RECOVERY RUN JUST JOG ON EASY EFFORT	THRESHOLD 3K X 2 R 2' 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set) 3 x 15 rep. Dead Bug (each side) 3 x 15 rep. Bird Dog (each side) 3 x 15 rep. Bird Dog (each side) 3 x 15 rep. Hold Squat Calf Raise 3 x 15 rep. Glute Bridge March (each side) 3 x 15 rep. Reverse Lunges (each side) 3 x 15 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	EASY RUN 11K 1°30° SLOWER THAN 5K PACE	MEDIUM RUN 8K 1°10" SLOWER THAN 5K PACE	REST	LONG RUN 13K 1'45" SLOWER THAN 5K PACE
W. 8	MONDAY 25 Aug	TUESDAY 26 Aug	WEDNESDAY 27 Aug	THURSDAY 28 Aug	FRIDAY 29 Aug	SATURDAY 30 Aug	SUNDAY 31 Aug
	RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING







MONDAY 1 Sept TUESDAY WEDNESDAY THURSDAY FRIDAY 5 Sept SATURDAY SUNDAY **W.9** RUNNING RUNNING RUNNING RUNNING RUNNING TEMPO RUN 2,5K X 2 + STRIDE 100X10 40 SEC. SLOWER THAN 5K PACE EASY RUN 7K 1:30 SLOWER THAN 5K PACE EASY RUN 8K 1:30 SLOWER THAN 5K PACE EASY RUN 12K 1'45" SLOWER THAN 5K PACE 4K RECOVERY RUN **Warm-up:** 5-10 mins. of Dynamic Stretching ACTIVE REST JUST JOG ON EASY EFFORT NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM. NUTRITION & RECOVERY:
Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon Workout 1: Circuit Training - 2 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) **NUTRITION:** Protein Loading NUTRITION: NUTRITION: NUTRITION: Carbo 30%, Protein 40%, Good fats 30% Carbo 30%, Protein 40%, Good fats 30% Carbo 50%, Protein 50% Workout 2:
3 x 30 rep. Single Leg Calf Raises (each side)
3 x 12 rep. Single Leg Glute Bridge (each side)
3 x 12 rep. Forward Lunges (each side)
3 x 12 rep. Lateral Squat (each side)
3 x 10 Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds **NUTRITION:** Focus on antioxidan type of food

W. 10	MONDAY 8 Sept	TUESDAY 9 Sept	WEDNESDAY 10 Sept	THURSDAY 11 Sept	FRIDAY 12 Sept	SATURDAY 13 Sept	SUNDAY 14 Sept
	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 mins. of Dynamic Stretching Workout 1: Circuit Training - 2 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) Workout 2: 3 x 30 rep. Single Leg Calf Raises (each side) 3 x 12 rep. Single Leg Glute Bridge (each side) 3 x 12 rep. Forward Lunges (each side) 3 x 12 rep. Lateral Squate (each side) 3 x 10 Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein Loading	EASY RUN 8K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidan type of food	MEDIUM RUN 6K 1' SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 13K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition loe bath or mobility training for 15-20 mins. at noon

			3 x 12 rep. Single Leg Glute Bridge (each side) 3 x 12 rep. Forward Lunges (each side) 3 x 12 Rep. Lateral Squat (each side) 3 x 10 Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein Loading			after 7 PM.		
W. 11	MONDAY 15 Sept	TUESDAY 16 Sept	WEDNESDAY 17 Sept	THURSDAY 18 Sept	FRIDAY 19 Sept	SATURDAY 20 Sept	SUNDAY 21 Sept	
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING	
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%,	INTERVAL TRAINING 1000M X 5 rest 3' 35 SEC. FASTER THAN 5K PACE NUTRITION: Carbo 30% Protein 40% Good fats 30%	EASY RUN 6K 1:30 SLOWER THAN 5K PACE NUTRITION: Protein Loading	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: Circuit Training - 3 set: 1 mins. Alternating Single Leg Plank I) or ep. Side Plank with Rotation (each side) Workout 2: 3 x 40 rep. Single Leg Calf Raises (each side) 3 x 15 rep. Single Leg Glute Bridge (each side) 3 x 15 rep. Forward Lunges (each side) 3 x 15 rep. Lateral Squat (each side) 3 x 12 Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between setcies: 60-90 seconds NUTRITION: Focus on antioxidan type of food	MEDIUM RUN 8K 1'SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 14K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition loe bath or mobility training for 15-20 mins. at noon	







MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY W. 12 23 Sept 24 Sept 25 Sept 26 Sept 27 Sept 28 Sept RUNNING RUNNING RUNNING RUNNING RUNNING Warm-up: 5-10 mins. of Dynamic Stretching **5K RECOVERY RUN** FASV RUN 6K INTERVAL TRAINING ТЕМРО 6К ACTIVE REST **EASY RUN 10K** 400M X 10 rest 3' 30 SEC. SLOWER THAN 5K PACE 1:30 SLOWER THAN 5K PACE 40" SLOWER THAN 5K PACE 1'45" SLOWER THAN 5K PACE JUST JOG ON EASY EFFORT NUTRITION & RECOVERY: NUTRITION NUTRITION NUTRITION NUTRITION Workout 1: Carbo-loading for Workout I: Circuit Training - 2 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, NUTRITION & RECOVERY: & RECOVERY: Carbo 30%, Protein 40% & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15–20 mins. at noon & RECOVERY: PROTEIN LOADING Carbo 50%, Protein 50%, Carbo 30% Protein 40%, Good fats 30% Good fats 30% Workout 2: avoid screens after 7 PM. 2 x 40 rep. Single Leg Calf Raises (each side) 2 x 15 rep. Single Leg Glute Bridge (each side) 2 x 15 rep. Forward Lunges (each side) 2 x 15 rep. Lateral Squat (each side) 2 x 12 Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds
Rest between exercises: 60-90 seconds NUTRITION & RECOVERY: Focus on antioxidan type of food MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY W. 13 30 Sept RUNNING RUNNING STRENGTH RUNNING RUNNING RUNNING **Warm-up:** 5-10 mins. of Dynamic Stretching 5K RECOVERY RUN THRESHOLD INTERVAL TRAINING FASV RUN 6K ACTIVE REST FASV RUN 13K 3K X 2 REST 3' 25' SLOWER THAN 5K PACE 400m x 10 REST 3' 35 sec. FASTER THAN 5K PACE 1: 30 SLOWER THAN 5K 1'45" SLOWER THAN 5K PACE ON EASY EFFORT NUTRITION NUTRITION & RECOVERY: NUTRITION: Workout 1: Circuit Training - 3 set: NUTRITION: & RECOVERY: NUTRITION: NUTRITION: Carbo 30% Carbo 30% Carbo-loading for Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15–20 mins. at noon Protein 40% Carbo 30%, Protein 40% 1 mins, Plank Focus on antioxidan type of food Protein 40% Sunday's run Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, Good fats 30% Shoulder Tap Good fats 30% Good fats 30% 20 rep. Side Plank Leg Raises (each side) Workout 2: Circuit Training - 2 set: avoid screens after 7 PM. 30 sec. Jumping Jacks 20sec. Mountain Climbers (as fast as possible) 10 rep. Burpees Workout 3: 3 x 12 rep. Reverse Lunges to Forward Lunges (each side) 3 x 12 rep. Lateral Lunges to High Knee (each side) 3 x 1 mins. Lateral Bear Crawl 3 x 12 rep. Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: MONDAY 6 Oct TUESDAY WEDNESDAY THURSDAY 9 Oct SATURDAY 11 Oct SUNDAY W. 14 FRIDAY 10 Oct 7 Oct 8 Oct 12 Oct RUNNING RUNNING STRENGTH RUNNING RUNNING INTERVAL 400M X 10 REST 3 MIN 35 SEC FASTER 5K RECOVERY RUN **ACTIVE REST** EASY RUN 12K **EASY RUN 6K EASY RUN 8K** Warm-up: 5-10 mins. of JUST JOG ON EASY EFFORT 1:30 SLOWER 1'45" SLOWER Dynamic Stretching THAN 5K PACE THAN 5K THAN 5K PACE THAN 5K PACE NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new NUTRITION: Workout 1: NUTRITION NUTRITION NUTRITION Circuit Training - 3 set: 1 mins. Plank Shoulder Tap 20 rep. Side Plank Carbo 30%, Protein 40%, Good fats 30% Carbo 30%, Protein 40%, Good fats 30% & RECOVERY: Protein, antioxidant, meal, extra nutrition. Carbo 30%, Protein 40%, Good fats 30% NUTRITION: Focus on antioxidan type of food Ice bath or mobility that you haven't Leg Raises (each side) eaten before). training for 15-20 mins. at noon hydrate yourself, go to bed early, avoid screens after 7 PM. Workout 2: workout 2: Circuit Training - 2 set: 30 sec. Jumping Jacks 20sec. Mountain Climbers (as fast as possible) 10 rep. Burpees Workout 3: 3x12 rep. Reverse Lunges to Forward Lunges (each side)
3x12 rep. Lateral Lunges to High Knee (each side)
3x1 mins. Lateral Bear Crawl
3x12 rep. Push Up





Cool-down:

NUTRITION: Protein Loading

Solutions of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds



W. 15	MONDAY 13 Oct	TUESDAY 14 Oct	WEDNESDAY 15 Oct	THURSDAY 16 Oct	FRIDAY 17 Oct	SATURDAY 18 Oct	SUNDAY 19 Oct
	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 1:30 SLOWER THAN 5K PACE NUTRITION: Protein Loading	EASY RUN 8K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidan type of food	Mobility & Core: 2 x 1 mins. Elbow Plank 2 x 30 sec. Side Plank 2 x 10 rep. Inchworm 2 x 10 rep. Thread the Needle (each side) 2 x 10 rep. 90/90 Stretch (each side) 2 x 10 rep. Scorpion Stretch (each side) 2 x 10 rep. Worlds Greatest Stretches (each side) NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 10K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15–20 mins. at noon

N. 16	MONDAY 20 Oct	TUESDAY 21 Oct	WEDNESDAY 22 Oct	THURSDAY 23 Oct	FRIDAY 24 Oct	SATURDAY 25 Oct
	RUNNING	RUNNING	RUNNING	REST	PRE-RACE	
	REST ACTIVE REST NUTRITION: Carbo 50%, Protein 50%	THRESHOLD RUN 2,5K X 2 5K PACE NUTRITION: Carbo 40%, Protein 40%, Good fats 20%	EASY RUN 6K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidan type of food	REST Active Rest NUTRITION: Carbo 60%, Protein 20%, Good fats 20%	SHAKE OUT RUN 3K NUTRITION & RECOVERY: Carbo-load with the best foods, stay hydrated, go to bed early, and avoid screens after 7 PM.	RACE
			TAPER - NO STRENGT	H PROGRAM		DAT





SAMSUNG Running coach samsung.com/id Galaxy Watch8





LEMINERALE 10K TRAINING PROGRAM



W. 1	MONDAY 7 July	TUESDAY 8 July	WEDNESDAY 9 July	THURSDAY 10 July	FRIDAY 11 July	SATURDAY 12 July	SUNDAY 13 July
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	EASY 20 MINS. 1'30" SLOWER THAN 5K PACE	FARTLEK 3 MINS. FAST 3 MINS. SLOW REPEAT 5 TIMES NO PACE RULES, PLAY YOUR SPEED	EASY 48 MINS. 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 1 mins. High Plank 30 sec. Side Plank (each side) 1 mins. Wall Sit 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	40 MINS. MEDIUM RUN 1710" SLOWER THAN 5K PACE	REST	EASY 59 MINS. 1'45" SLOWER THAN 5K PACE
W. 2	MONDAY 14 July	TUESDAY 15 July	WEDNESDAY 16 July	THURSDAY 17 July	FRIDAY 18 July	SATURDAY 19 July	SUNDAY 20 July
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	22 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	FARTLEK 3 MINS. FAST 3 MINS. SLOW REPEAT 6 TIMES NO PACE RULES, PLAY YOUR SPEED	EASY 54 MINS. 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 1 mins. High Plank 30 sec. Side Plank (each side) 1 mins. Wall Sit 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	43 MINS. MEDIUM RUN 110° SLOWER THAN 5K PACE	REST	EASY 65 MINS. 1'45" SLOWER THAN 5K PACE
W. 3	MONDAY 21 July	TUESDAY 22 July	WEDNESDAY 23 July	THURSDAY 24 July	FRIDAY 25 July	SATURDAY 26 July	SUNDAY 27 July
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	24 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	35 MINS. TEMPO 40" SLOWER THAN 5K PACE	EASY 59 MINS. 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set) 1 mins. High Plank 30 sec. Side Plank (each side) 10 rep. Split Squat (each side) 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	47 MINS. MEDIUM RUN 110° SLOWER THAN 5K PACE	REST	EASY 70 MINS. 1'45" SLOWER THAN 5K PACE
W. 4	MONDAY 28 July	TUESDAY 29 July	WEDNESDAY 30 July	THURSDAY 31 July	FRIDAY 1 Aug	SATURDAY 2 Aug	SUNDAY 3 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	26 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	38 MINS. TEMPO 40" SLOWER THAN 5K PACE	EASY 65 MINS. 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set)	52 MINS. MEDIUM RUN 1'10" SLOWER THAN 5K PACE	REST	EASY 78 MINS. 1'45" SLOWER THAN 5K PACE

Le Minerale tips: Bantu cukupi mineral tubuh dengan Le Minerale yang mengandung mineral esensial berkualitas untuk performa lari yang maksimal.







	MONDAY 4 Aug	TUESDAY 5 Aug	WEDNESDAY 6 Aug	THURSDAY 7 Aug	FRIDA 8 Aug		SATURDAY 9 Aug	SUNDAY 10 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNI	IING	REST	RUNNING
	4K RECOVERY RUN JUST JOG ON EASY EFFORT	INTERVAL TEN IK X 6 rest 1° 30° SLOWER THAN 5K PACE	1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching 3 x 12 rep. Dead Bug (eac 3 x 12 rep. Bird Dog (each 3 x 12 rep. Hold Squat Ca 3 x 12 rep. Glute Bridge M 3 x 12 rep. Reverse Lunge 3 x 12 rep. Inchworm Cool-down: 5-10 mins. of Static Stret Rest between sets: 30-60 seconds	1'10" (THAN h side) side) If Raise larch (each side) s (each side)	UM RUN 8K SLOWER 5K PACE	REST	LONG RUN 12K 1'45" SLOWER THAN 5K PACE
				Rest between exercises: 60-90 seconds				
W. 6	MONDAY 11 Aug	TUESDAY 12 Aug	WEDNESDAY 13 Aug	THURSDAY 14 Aug		FRIDAY 15 Aug	SATURDAY 16 Aug	SUNDAY 17 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH		RUNNING	REST	RUNNING
	4K RECOVERY RUN JUST JOG ON EASY EFFORT	INTERVAL TEM IK X 6 rest 1' 30° SLOWER THAN 5K PACE	PO EASY RUN 10K 1'30" SLOWER THAN 5K PACE	5-10 mins. of Dynamic Stretching 2 x 12 rep. Dead Bug 2 x 12 rep. Bird Dog (2 x 12 rep. Hold Squa	(each side) each side) t Calf Raise ge March (each side) unges (each side) Stretching	EASY RUN 8K 1'30" SLOWER THAN 5K PACE	REST	TEST PARAMETER 5K (ENGINE CHECK) THE RESULT FROM THIS TEST CAN UPDATE YOUR TRAINING PACE
w. 7	MONDAY 18 Aug	TUESDAY 19 Aug	WEDNESDAY 20 Aug	THURSDAY 21 Aug	FRIDA 22 Au		SATURDAY 23 Aug	SUNDAY 24 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNI	IING	REST	RUNNING
	4K RECOVERY RUN JUST JOG ON EASY EFFORT	THRESHOLD 3K X 2 REST 2' 5K PACE	EASY RUN 11K 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching 3 x 15 rep. Dead Bug (each side) 3 x 15 rep. Bird Dog (each side) 3 x 15 rep. Hold Squat Calf Rais 3 x 15 rep. Glute Bridge March (3 x 15 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	1'10" (THAN) e each side)	UM RUN 8K SLOWER 5K PACE	REST	LONG RUN 13K 1'45" SLOWER THAN 5K PACE
W. 8	JUST JOG	3K X 2 REST 2'	1'30" SLOWER	5-10 mins. of Dynamic Stretching 3 x 15 rep. Dead Bug (each side) 3 x 15 rep. Bird Dog (each side) 3 x 15 rep. Hold Squat Calf Rais 3 x 15 rep. Hold Squat Calf Rais 3 x 15 rep. Reverse Lunges (eac 3 x 15 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	1'10" (THAN) e each side) h side)	SLOWER	REST SATURDAY 30 Aug	1'45" SLOWER
W. 8	JUST JOG ON EASY EFFORT	3K X 2 REST 2' SK PACE	1'30" SLOWER THAN 5K PACE WEDNESDAY	5-10 mins. of Dynamic Stretching 3 x 15 rep. Dead Bug (each side) 3 x 15 rep. Bird Dog (each side) 3 x 15 rep. Hold Squat Calf Rais 3 x 15 rep. Hold Squat Calf Rais 3 x 15 rep. Reverse Lunges (eac 3 x 15 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	1'10" (THAN) e e each side) h side) HURSDAY FI B Aug 2'	SLOWER 1 SK PACE	SATURDAY	1'45" SLOWER THAN 5K PACE

Le Minerale tips: Bantu cukupi mineral tubuh dengan Le Minerale yang mengandung mineral esensial berkualitas untuk performa lari yang maksimal.







MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY W.9 RUNNING RUNNING RUNNING RUNNING RUNNING 5K RECOVERY RUN TEMPO RUN 2,5K X 2 + STRIDE 100X10 40 SEC. SLOWER THAN 5K PACE EASY RUN 10K MEDIUM RUN 6K ACTIVE REST **EASY RUN 16K** Warm-up: 5-10 mins. of JUST JOG ON EASY EFFORT SLOWER 1'45" SLOWER THAN 5K PACE THAN 5K PACE Dynamic Stretching NUTRITION THAN 5K PACE NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM. NUTRITION & RECOVERY: Carbo 50%, Protein 50% NUTRITION & RECOVERY: RSS Online Session, NUTRITIO & RECOVERY: Carbo 30%, NUTRITION & RECOVERY: Workout 1: Circuit Training - 2 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) NUTRITION & RECOVERY: Carbo 30%, Protein 40%, RECOVERY:
Protein, antioxidant,
meal, extra nutrition.
Ice bath or mobility
training for
15–20 mins. at noon Protein Loading Protein 40% Good fats 30% Good fats 30% Workout 2: Workout 2: 3 x 30 rep. Single Leg Calf Raises (each side) 3 x 12 rep. Single Leg Glute Bridge (each side) 3 x 12 rep. Forward Lunges (each side) 3 x 12 rep. Lateral Squat (each side) 3 x 10 rep. Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION & RECOVERY: Focus on antioxidan type of food

W.10	MONDAY 8 Spet	TUESDAY 9 Sept	WEDNESDAY 10 Sept		THURSDAY 11 Sept	FRIDAY 12 Sept	SATURDAY 13 Sept	SUNDAY 14 Sept
	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 X 8 SPEED PLAY NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Workout 2: 3 x 40 rep. Single L 3 x 15 rep. Single Lo	S set: Single Leg Plank with Rotation (each side) eg Calf Raises (each side) eg Glute Bridge (each side) Lunges (each side) Squat (each side) ee Push Up c Stretching	EASY RUN 10K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidan type of food	MEDIUM RUN 8K 1'SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 14K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVEN: Protein, antioxida meal, extra nutrit lee bath or mobil training for 15-20 mins. at no
W.11	MONDAY 15 Sept	TUESDAY 16 Sept	WEDNESDAY 17 Sept	THURSDAY 18 Sept		FRIDAY 19 Sept	SATURDAY 20 Sept	SUNDAY 21 Sept
	RUNNING	RUNNING	RUNNING	STRENGTH		RUNNING	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT	INTERVAL TRAINING 1000M X 6 rest 3' 25 SEC. FASTER	EASY RUN 10K 1:30 SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching		MEDIUM RUN 8K 1' SLOWER THAN 5K PACE	ACTIVE REST NUTRITION	EASY RUN 15K 1'45" SLOWER THAN 5K PACE

Le Minerale tips:

Bantu cukupi mineral tubuh dengan Le Minerale yang mengandung mineral esensial berkualitas untuk performa lari yang maksimal.

NUTRITION:

Protein Loading

THAN 5K PACE

Carbo 30%, Protein 40%, Good fats 30%

NUTRITION:

NUTRITION:

Carbo 50%, Protein 50%





Workout 1:

Workout 2:

Circuit Training - 3 set:

1 mins. Alternating Single Leg Plank
10 rep. Side Plank with Rotation (each side)

WORKOUT 2: 3 x 40 rep. Single Leg Calf Raises (each side) 3 x 15 rep. Single Leg Glute Bridge (each side) 3 x 15 rep. Forward Lunges (each side) 3 x 15 Rep. Lateral Squat (each side) 3 x 12 Push Up / Knee Push Up

Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds

NUTRITION: Focus on antioxidan type of food



NUTRITION:

Carbo 30%, Protein 40%, Good fats 30%

& RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before),

hydrate yourself, go to bed early,

after 7 PM.

NUTRITION

RECOVERY:
Protein, antioxidant,
meal, extra nutrition.
Ice bath or mobility
training for
15-20 mins. at noon

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY W.12 23 Sept 24 Sept 25 Sept 27 Sept 28 Sept RUNNING RUNNING RUNNING RUNNING RUNNING **Warm-up:** 5-10 mins. of Dynamic Stretching EASY RUN 16K **5K RECOVERY RUN** INTERVAL TRAINING EASY RUN 10K MEDIUM RUN 8K **ACTIVE REST** 600M X 10 rest 3' 35 SEC. SLOWER THAN 5K PACE 1:45 SLOWER THAN 5K PACE 1' SLOWER THAN 5K PACE 1'45" SLOWER THAN 5K PACE JUST JOG ON EASY EFFORT NUTRITION & RECOVERY: NUTRITION NUTRITION NUTRITION NUTRITION Workout 1: Carbo-loading for Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid corpore. Circuit Training - 2 set:
1 mins. Alternating Single Leg Plank
10 rep. Side Plank with Rotation (each side) NUTRITION Carbo 50%, Protein 50% Focus on antioxidan type of food Carbo 30%, Protein 40% & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15–20 min at noon Carbo 30%, Protein 40% Good fats 30% Good fats 30% Workout 2: 2 x 40 rep. Single Leg Calf Raises (each side) 2 x 15 rep. Single Leg Glute Bridge (each side) 2 x 15 rep. Forward Lunges (each side) 2 x 15 Rep. Lateral Squat (each side) avoid screens after 7 PM. 2 x 12 Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds **NUTRITION & RECOVERY:** Protein Loading MONDAY 29 Sept TUESDAY 30 Sept WEDNESDAY 1 Oct THURSDAY 2 Oct FRIDAY 3 Oct SUNDAY 5 Oct SATURDAY W.13 RUNNING RUNNING RUNNING RUNNING RUNNING **Warm-up:** 5-10 mins. of Dynamic Stretching 5K RECOVERY RUN FASV RUN 8K INTERVAL TRAINING FASV RUN 6K **ACTIVE REST EASY RUN 12K** 400M X 12 rest 3' 35 SEC. FASTER THAN 5K PACE 1:30 SLOWER THAN 5K PACE 1: 30 SLOWER THAN 5K JUST JOG ON EASY EFFORT NUTRITION THAN 5K PACE & RECOVERY: Carbo-loading for NUTRITION: Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens NUTRITION: Circuit Training - 3 set: Carbo 30% Carbo 30^o & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon Protein 50% Protein 40% Protein Loading 1 mins, Plank Shoulder Tap Protein 40% Good fats 30% 20 rep. Side Plank Leg Raises (each side) Good fats 30% Workout 2: Circuit Training - 2 set: 30 sec. Jumping Jacks 20sec. Mountain Climbers (as fast as possible) avoid screens after 7 PM. 10 rep. Burpees Workout 3: workouts: 3 x 12 rep. Reverse Lunges to Forward Lunges (each side) 3 x 12 rep. Lateral Lunges to High Knee (each side) 3 x 1 mins. Lateral Bear Crawl 3 x 12 rep. Push Up Cool-down: Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Focus on antioxidan type of food W.14 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY 6 Oct 10 Oct 11 Oct 12 Oct RUNNING RUNNING STRENGTH RUNNING RUNNING RUNNING 5K RECOVERY RUN INTERVAL 400M X 15 REST 3 MIN 25 SEC FASTER MEDIUM RUN 6K ACTIVE REST EASY RUN 6K **EASY RUN 12K** Warm-up: 5-10 mins. of 1' SLOWER THAN 5K 1'45" SLOWER ON EASY EFFORT NUTRITION Dynamic Stretching THAN 5K PACE THAN 5K PACE & RECOVERY: Carbo-loading for Sunday's run (try something new THAN 5K PACE MUTDITION NUTRITION

NUTRITION: Carbo 30%, Protein 40%, Good fats 30%

Focus on antioxidan type of food

Workout 1: Circuit Training - 3 set: 1 mins. Plank Shoulder Tap 20 rep. Side Plank Leg Raises (each side)

Workout 2: Workdt 2: Circuit Training - 2 set: 30 sec. Jumping Jacks 20 sec. Mountain Climbers (as fast as possible) 10 rep. Burpees

Workout 3:

3x12 rep. Reverse Lunges to Forward Lunges (each side)
3x12 rep. Lateral Lunges to High Knee (each side)
3x1 mins. Lateral Bear Crawl
3x12 rep. Push Up

Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises 60-90 seconds

NUTRITION: Protein Loading NUTRITION & RECOVERY:

that you haven't

eaten before). hydrate yourself, go to bed early, avoid screens after 7 PM.

Carbo 30%, Protein 40%, Good fats 30%

Carbo 30%, Protein 40%

Good fats 30%

Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon

Le Minerale tips:

Bantu cukupi mineral tubuh dengan Le Minerale yang mengandung mineral esensial berkualitas untuk performa lari yang maksimal.







W.15	MONDAY 13 Oct	TUESDAY 14 Oct	WEDNESDAY 15 Oct	THURSDAY 16 Oct	FRIDAY 17 Oct	SATURDAY 18 Oct	SUNDAY 19 Oct
	RUNNING	RUNNING	RUNNING	RUNNING	STRENGTH	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT	TEMPO RUN 3K X 2 5K PACE	EASY RUN 5K 1:30 SLOWER THAN 5K PACE	MEDIUM RUN 5K 1' SLOWER THAN 5K PACE	Mobility & Core: 2 x 1 mins. Elbow Plank 2 x 30 sec. Side Plank	ACTIVE REST NUTRITION	EASY RUN 10K 1'45" SLOWER THAN 5K PACE
	NUTRITION & RECOVERY: Carbo 50%, Protein 50%	NUTRITION & RECOVERY: Carbo 30%, Protein 40%, Good fats 30%	NUTRITION & RECOVERY: Protein Loading	NUTRITION & RECOVERY: Focus on antioxidan type of food	2 x 10 rep. Inchworm 2 x 10 rep. Thread the Needle (each side) 2 x 10 rep. 90/90 Stretch (each side) 2 x 10 rep. Scorpion Stretch (each side) 2 x 10 rep. Worlds Greatest Stretches (each side) NUTRITION & RECOVERY: Carbo 30%, Protein 40%, Good fats 30%	& RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon

W.16	MONDAY 20 Oct	TUESDAY 21 Oct	WEDNESDAY 22 Oct	THURSDAY 23 Oct	FRIDAY 24 Oct	SATURDAY 25 Oct	SUNDAY 26 Oct
	RUNNING	RUNNING	RUNNING	REST	REST	RUNNING	
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%	THRESHOLD RUN 2K X 2 5K PACE NUTRITIO: Carbo 40%, Protein 40%, Good fats 20%	EASY RUN 6K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidan type of food	REST NUTRITION: Carbo 60%, Protein 20%, Good fats 20%	REST NUTRITION & RECOVERY: Carbo-load with the best foods, stay hydrated, go to bed early, and avoid screens after 7 PM.	SHAKE OUT RUN 3K HR ZONE 2	RACE
			TAPER - NO STRENGTH	PROGRAM			DAY

Le Minerale tips: Bantu cukupi mineral tubuh dengan Le Minerale yang mengandung mineral esensial berkualitas untuk performa lari yang maksimal.

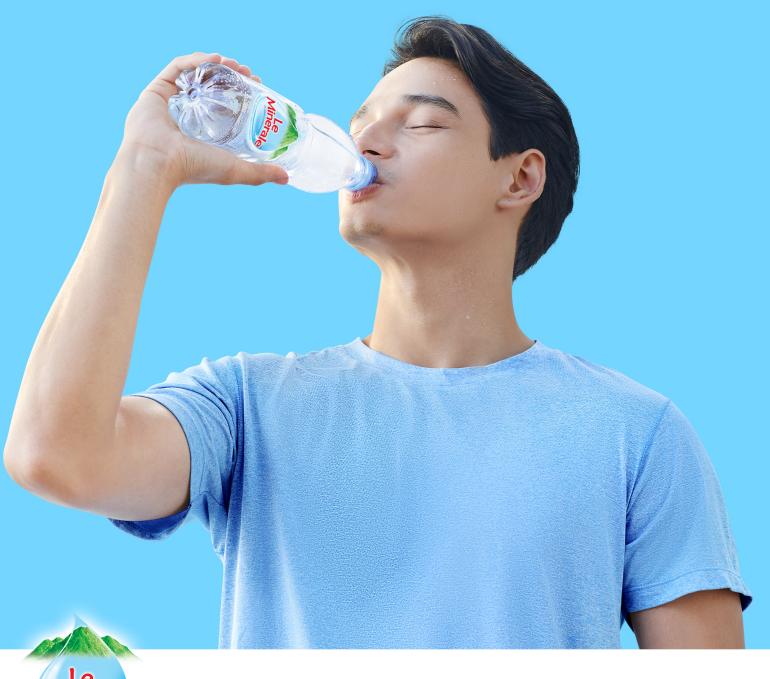






"Mineralnya bikin badan berasa lebih enteng"

Kevin



Sehatnya Mineral Terlindungi









WONDR JAKARTA HALF MARATHON TRAINING **PROGRAM**





W. 1	MONDAY 7 July	TUESDAY 8 July	WEDNESDAY 9 July	THURSDAY 10 July	FRIDAY 11 July	SATURDAY 12 July	SUNDAY 13 July
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	EASY 21 MINS. 1'30" SLOWER THAN 5K PACE	FARTLEK 3 MINS. FAST 3 MINS. SLOW REPEAT 6 TIMES NO PACE RULES, PLAY YOUR SPEED	EASY 53 MINS. 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 1 mins. High Plank 30 sec. Side Plank (each side) 1 mins. Wall Sit 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	42 MINS. MEDIUM RUN 1°10° SLOWER THAN 5K PACE	REST	EASY 63 MINS. 1'45" SLOWER THAN 5K PACE
W. 2	MONDAY 14 July	TUESDAY 15 July	WEDNESDAY 16 July	THURSDAY 17 July	FRIDAY 18 July	SATURDAY 19 July	SUNDAY 20 July
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	23 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	FARTLEK 3 MINS. FAST 3 MINS. SLOW REPEAT 7 TIMES NO PACCE RULES, PLAY YOUR SPEED	EASY 58 MINS. 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 1 mins. High Plank 30 sec. Side Plank (each side) 1 mins. Wall Sit 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	46 MINS. MEDIUM RUN 1'10" SLOWER THAN 5K PACE	REST	EASY 69 MINS. 1'45" SLOWER THAN 5K PACE
W. 3	MONDAY 21 July	TUESDAY 22 July	WEDNESDAY 23 July	THURSDAY 24 July	FRIDAY 25 July	SATURDAY 26 July	SUNDAY 27 July
W. 3							
W. 3	21 July	22 July	23 July	24 July	25 July	26 July	27 July
W. 3	21 July RUNNING 25 MINS. RECOVERY RUN JUST JOG	22 July RUNNING 38 MINS. TEMPO 40° SLOWER	23 July RUNNING EASY 64 MINS. 1'30" SLOWER	24 July Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set) 1 mins. High Plank 30 sec. Side Plank (each side) 10 rep. Split Squat (each side) 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises:	25 July RUNNING 51 MINS. MEDIUM RUN 110" SLOWER	26 July	27 July RUNNING EASY 76 MINS. 1'45" SLOWER
	21 July RUNNING 25 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	22 July RUNNING 38 MINS. TEMPO 40° SLOWER THAN 5K PACE	23 July RUNNING EASY 64 MINS. 1'30" SLOWER THAN 5K PACE	24 July Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set) 1 mins. High Plank 30 sec. Side Plank (each side) 10 rep. Split Squat (each side) 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	25 July RUNNING 51 MINS. MEDIUM RUN 110" SLOWER THAN 5K PACE	26 July REST REST SATURDAY	27 July RUNNING EASY 76 MINS. 1'45" SLOWER THAN 5K PACE







W. 5	MONDAY 4 Aug	TUESDAY 5 Aug	WEDNESDAY 6 Aug	THURSDAY 7 Aug		FRIDAY 8 Aug	SATURDAY 9 Aug	SUNDAY 10 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH		RUNNING	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT	INTERVAL TEMPO 1K X 7 rest 1' 30" SLOWER THAN 5K PACE	EASY RUN 11K 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: 3 x 12 rep. Dead Bug 3 x 12 rep. Bird Dog (Workout 2: 3 x 12 rep. Hold Squa 3 x 12 rep. Glute Brid 3 x 12 rep. Reverse L 3 x 8 rep. Inchworm i	(each side) each side) at Calf Raise ge March (each side) unges (each side) to Push Up	MEDIUM RUN 9K 1'10" SLOWER THAN 5K PACE	REST	LONG RUN 14K 1'45' SLOWER THAN 5K PACE
W. 6	MONDAY 11 Aug	TUESDAY 12 Aug	WEDNESDAY 13 Aug	5-10 mins. of Static: Rest between sets: 30-60 seconds Rest between exerc 60-90 seconds THURSDAY 14 Aug	-	FRIDAY 15 Aug	SATURDAY 16 Aug	SUNDAY 17 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH		RUNNING	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT	INTERVAL TEMPO 1K X7 rest 1' 30" SLOWER THAN 5K PACE	EASY RUN 12K 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: 2 x 12 rep. Dead Bug 2 x 12 rep. Bird Dog I Workout 2: 2 x 12 rep. Hold Squi 2 x 12 rep. Glute Brit 2 x 12 rep. Reverse L 2 x 8 rep. Inchworm Cool-down: 5-10 mins. of Static Rest between sets: 30-60 seconds Rest between exerc 60-90 seconds	(each side) (each side) at Calf Raise Ige March (each side) unges (each side) to Push Up Stretching	EASY RUN 9K 1°30° SLOWER THAN 5K PACE	REST	TEST PARAMETER 5K (ENGINE CHECK) THE RESULT FROM THIS TEST CAN UPDATE YOUR TRAINING PACE
W. 7	MONDAY 18 Aug	TUESDAY 19 Aug	WEDNESDAY 20 Aug	THURSDAY 21 Aug		FRIDAY 22 Aug	SATURDAY 23 Aug	SUNDAY 24 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH		RUNNING	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT	THRESHOLD 3.5K X 2 REST 2' 5K PACE	EASY RUN 12K 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: 3 x 15 rep. Dead Bug (r 3 x 15 rep. Bird Dog (e Workout 2: 3 x 15 rep. Hold Squat 3 x 15 rep. Reverse Lur 3 x 15 rep. Reverse Lur 3 x 10 rep. Inchworm t Cool-down: 5-10 mins. of Static S Rest between sets: 30-60 seconds Rest between exercit 60-90 seconds	ach side) Calf Raise (e March (each side) nges (each side) to Push Up tretching	MEDIUM RUN 10K 1°10° SLOWER THAN 5K PACE	REST	LONG RUN 15K 1'45" SLOWER THAN 5K PACE
W.8	MONDAY 25 Aug	TUESDAY 26 Aug	WEDNESDAY 27 Aug		THURSDAY 28 Aug	FRIDAY 29 Aug	SATURDAY 30 Aug	SUNDAY 31 Aug
	RUNNING	RUNNING	STRENGTH		RUNNING	RUNNING	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%	I:30 SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: 2 x 15 rep. Dead Bug (t 2 x 15 rep. Bird Dog (e Workout 2: 2 x 15 rep. Glute Bridg 2 x 15 rep. Glute Bridg 2 x 15 rep. Reverse Lur 2 x 10 rep. Inchworm t Cool-down: 5-10 mins. of Static S Rest between sets: 30-60 seconds Rest between sets: 60-90 seconds NUTRITION: Protein Loading	ach side) Calf Raise (e March (each side) nges (each side) to Push Up tretching	MEDIUM RUN 11K 1' SLOWER THAN 5K PACE NUTRITION: Focus on antioxidan type of food	EASY RUN 8K 1'30" SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	ACTIVE REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 17K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition lce bath or mobility training for 15-20 mins. at noon







SATURDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SUNDAY W. 9 RUNNING RUNNING RUNNING RUNNING RUNNING 5K RECOVERY RUN EASY RUN 12K **Warm-up:** 5-10 mins. of Dynamic Stretching MEDIUM RUN 10K ACTIVE REST TEMPO RUN 2,5K X 3 **EASY RUN 18K** + STRIDE 100X10 40 SEC. SLOWER THAN 5K PACE JUST JOG ON EASY EFFORT 1'30" SLOWER 1'30" SLOWER 1'45" SLOWER THAN 5K PACE THAN 5K PACE THAN 5K PACE NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new **NUTRITION:** Protein Loading Workout 1: Circuit Training - 3 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) NUTRITION & RECOVERY: NUTRITION: NUTRITION: NUTRITION: Carbo 50%, Protein 50% Carbo 30%, Protein 40% RECOVERY:
Protein, antioxidant,
meal, extra nutrition.
Ice bath or mobility
training for
15–20 mins. at noon Carbo 30%, Protein 40% Good fats 30% that you haven't eaten before), Good fats 30% hydrate yourself, go to bed early, avoid screens after 7 PM. Workout 2: Workout 2: 3 x 30 rep. Single Leg Calf Raises (each side) 3 x 15 rep. Single Leg Glute Bridge (each side) 3 x 12 rep. Forward Lunges (each side) 3 x 12 rep. Lateral Squat (each side) 3 x 10 rep. Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Focus on antioxidan type of food

MONDAY 8 Sept **TUESDAY** 9 Sept THURSDAY 11 Sept SATURDAY 13 Sept WEDNESDAY FRIDAY SUNDAY W. 10 10 Sept 14 Sept RUNNING RUNNING RUNNING RUNNING RUMMING **Warm-up:** 5-10 mins. of Dynamic Stretching 5K RECOVERY RUN FARTLEK **EASY RUN 10K** MEDIUM RUN 11K ACTIVE REST **EASY RUN 20K** 500M FAST 500M SLOW REPEAT 9X SPEED PLAY JUST JOG ON EASY EFFORT 1:30 SLOWER THAN 5K PACE 1' SLOWER THAN 5K PACE 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Carbo-loading for Sunday's run NUTRITION: NUTRITION & RECOVERY: Workout 1: Circuit Training - 3 set: NUTRITION: NUTRITION: Focus on antioxidan type of food Carbo 30%, Protein 40% Carbo 30%, Protein 40% 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon NUTRITION: (try something new that you haven't Carbo 30%, Protein 40%, Good fats 30% Good fats 30% Good fats 30% eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM. Workout 2: 3 x 40 rep. Single Leg Calf Raises (each side) 3 x 20 rep. Single Leg Glute Bridge (each side) 3 x 12 rep. Forward Lunges (each side) 3 x 12 rep. Lateral Squat (each side) 3 x 10 rep.Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein Loading

W. 11	MONDAY 15 Sept	TUESDAY 16 Sept	WEDNESDAY 17 Sept	THURSDAY 18 Sept	FRIDAY 19 Sept	SATURDAY 20 Sept	SUNDAY 21 Sept
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%,	INTERVAL TRAINING 1000M X10 rest 3' 20 SEC. FASTER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 12K 1:30 SLOWER THAN 5K PACE NUTRITION: Protein Loading	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: Circuit Training - 3 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) Workout 2: 3 x 40 rep. Single Leg Calf Raises (each side) 3 x 12 rep. Single Leg Glute Bridge (each side) 3 x 12 rep. Forward Lunges (each side) 3 x 12 rep. Lateral Squat (each side) 3 x 10 Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between sercises: 60-90 seconds	MEDIUM RUN 12K 1' SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	ACTIVE REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 18 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidar meal, extra nutritic lee bath or mobilit training for 15-20 mins. at noo

Focus on antioxidan type of food







W. 12 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY 23 Sept 24 Sept 25 Sept 27 Sept 28 Sept RUNNING RUNNING RUNNING RUNNING RUNNING Warm-up: 5-10 mins. of Dynamic Stretching **5K RECOVERY RUN** INTERVAL TRAINING EASY RUN 12K MEDIUM RUN 10K **ACTIVE REST** EASY RUN 16K 600M X 10 rest 3' 25 SEC. SLOWER THAN 5K PACE 1:45 SLOWER THAN 5K PACE 1' SLOWER THAN 5K PACE 1'45" SLOWER THAN 5K PACE JUST JOG ON EASY EFFORT NUTRITION & RECOVERY: NUTRITION: NUTRITION: NUTRITION Workout 1: NUTRITION: Carbo-loading for Focus on antioxidan type of food Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid sorreass NUTRITION: Circuit Training - 2 set:
1 mins. Alternating Single Leg Plank
10 rep. Side Plank with Rotation (each side) Carbo 50%, Protein 50%, Carbo 30%, Protein 40% & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15–20 mins. at noon Carbo 30%, Protein 40%, Good fats 30% Good fats 30% Workout 2:

2 x 40 rep. Single Leg Calf Raises (each side)

2 x 20 rep. Single Leg Glute Bridge (each side)

2 x 20 rep. Forward Lunges (each side)

2 x 12 rep. Forward Lunges (each side)

2 x 12 Rep. Lateral Squat (each side)

2 x 10 Push Up / Knee Push Up avoid screens after 7 PM. Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds **NUTRITION:** Protein Loading

WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY SUNDAY W. 13 29 Sept 30 Sept 1 Oct 2 Oct 3 Oct 4 Oct 5 Oct RUNNING RUNNING RUNNING RUNNING RUNNING Warm-up: 5-10 mins. of Dynamic Stretching 5K RECOVERY RUN EASY RUN 12K INTERVAL TRAINING EASY RUN 10K ACTIVE REST EASY RUN 14K 400M X 15 rest 3' 20 SEC. SLOWER THAN 5K PACE JUST JOG ON EASY EFFORT 1:30 SLOWER THAN 5K PACE 1: 30 SLOWER THAN 5K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: NUTRITION: NUTRITION: Workout 1: NUTRITION: Carbo-loading for NUTRITION Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, Carbo 30%, Protein 40%, Good fats 30% Workout I: Circuit Training - 3 set: 1 mins. Plank Shoulder Tap 20 rep. Side Plank Leg Raises (each side) Carbo 30%, Protein 40%, Good fats 30% & RECOVERY:
Protein, antioxidant,
meal, extra nutrition.
lee bath or mobility Carbo 50%, Protein 50%, NUTRITION: Workout 2: training for Circuit Training - 2 set: go to bed early, 15-20 mins, at noon 30 sec. Jumping Jacks 20 sec. Mountain Climbers (as fast as possible) 10 rep. Burpees avoid screens after 7 PM. 3 x 10 rep. Reverse Lunges to Forward Lunges (each side) 3 x 10 rep. Lateral Lunges to High Knee (each side) 3 x 30 mins. Lateral Bear Crawl 3 x 8 rep. Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises **NUTRITION:** Focus on antioxidan type of food

W. 14	MONDAY 6 Oct	TUESDAY 7 Oct	WEDNESDAY 8 Oct	THURSDAY 9 Oct	FRIDAY 10 Oct	SATURDAY 11 Oct	SUNDAY 12 Oct
	RUNNING	RUNNING	STRENGTH	STRENGTH	RUNNING	REST	RUNNING
	SK RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 12K 1:30 SLOWER THAN 5K PACE NUTRITION Carbo 30%, Protein 40%, Good fats 30%	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: 1 mins. Plank Shoulder Tap 20 rep. Side Plank Leg Raises (each side) Workout 2: 2 x 10 rep. Reverse Lunges to Forward Lunges (each 2 x 10 rep. Lateral Lunges to High Knee (each side) 2 x 30 mins. Lateral Bear Crawl 2 x 10 rep. Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest Detween exercises: 60-90 seconds NUTRITION: Protein Loading	INTERVAL TRAINING 400M X 20 rest 3' 15 SEC. FASTER THAN 5K PACE NUTRITION: Focus on antioxidan type of food side)	MEDIUM RUN 12K 1' SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	ACTIVE REST NUTRITION ® RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 12K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidan meal, extra nutritio lee bath or mobility training for 15-20 mins. at noor







W. 15	MONDAY 13 Oct	TUESDAY 14 Oct	WEDNESDAY 15 Oct	THURSDAY 16 Oct	FRIDAY 17 Oct	SATURDAY 18 Oct	SUNDAY 19 Oct
	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' 40 SEC. SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 8K 1:30 SLOWER THAN 5K PACE NUTRITION: Protein Loading	MEDIUM RUN 10K 1 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidan type of food	Mobility & Core: 2 x 1 mins. Elbow Plank 2 x 30 sec. Side Plank 2 x 10 rep. Inchworm 2 x 10 rep. Inchworm 2 x 10 rep. 90/90 Stretch (each side) 2 x 10 rep. Scorpion Stretch (each side) 2 x 10 rep. Worlds Greatest Stretches (each side) NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	ACTIVE REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 10K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. loe bath or mobility training for 15-20 mins. at noon

N. 16	MONDAY 20 Oct	TUESDAY 21 Oct	WEDNESDAY 22 Oct	THURSDAY 23 Oct	FRIDAY 24 Oct	SATURDAY 25 Oct
	RUNNING	RUNNING	RUNNING	REST	RUNNING	
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%	THRESHOLD RUN 2K X 4 REST 3' 25 SEC. SLOWER THAN 5K PACE NUTRITION: Carbo 40%, Protein 40%, Good fats 20%	EASY RUN 6K 1:30 SLOWER THAN 5K PACE NUTRITION: Protein Loading	ACTIVE REST NUTRITION: Carbo 60%, Protein 20%, Good fats 20%	SHAKE OUT RUN 5K HR ZONE 2 NUTRITION& RECOVERY: Carbo-load with the best foods, stay hydrated, go to bed early, and avoid screens after 7 PM.	RACE
			TAPER - NO STRENGT	H PROGRAM		DAY









Siap Jadi Colo BAL

12 Valuta Asing

Satu Kartu di 32 Negara Tanpa Biaya di Rekening Valas

Buka Tabungan Wondr multicurrency















HYDROPLUS MARATHON TRAINING PROGRAM



W. 1	MONDAY 7 July	TUESDAY 8 July	WEDNESDAY 9 July	THURSDAY 10 July	FRIDAY 11 July	SATURDAY 12 July	SUNDAY 13 July
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	EASY 24 MINS. 1'30" SLOWER THAN 5K PACE	FARTLEK 3 MINS. FAST 3 MINS. SLOW REPEAT 6 TIMES NO PACE RULES, PLAY YOUR SPEED	EASY 60 MINS. 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 1 mins. High Plank 30 sec. Side Plank (each side) 1 mins. Wall Sit 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	48 MINS. MEDIUM RUN 1'10" SLOWER THAN 5K PACE	REST	EASY 72 MINS. 1'45" SLOWER THAN 5K PACE
W. 2	MONDAY 14 July	TUESDAY 15 July	WEDNESDAY 16 July	THURSDAY 17 July	FRIDAY 18 July	SATURDAY 19 July	SUNDAY 20 July
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	EASY 26 MINS. 1'30" SLOWER THAN 5K PACE NUTITION: Carbo 30%, Protein 40%, Good fats 30%	FARTLEK 3 MINS. FAST 3 MINS. SLOW REPEAT 6 TIMES NO PACE RULES, PLAY YOUR SPEED NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY 66 MINS. 1'30" SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (2 set) 1 mins. High Plank 30 sec. Side Plank (each side) 1 mins. Wall Sit 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between sexerises: 60-90 seconds NUTRITION: Protein loading	53 MINS. MEDIUM RUN 110' SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY 79 MINS. 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon
\A/ Z	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
W. 3	21 July	22 July	23 July	24 July	25 July	26 July	27 July
vv. 3				24 July STRENGTH		26 July	27 July RUNNING
W. 3	21 July	22 July	23 July		25 July		
W. 4	21 July RUNNING 29 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 30%, Protein 40%,	22 July RUNNING 44 MINS. TEMPO 40° SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%,	RUNNING EASY 73 MINS. 1'30" SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set) 1 mins. High Plank 30 sec. Side Plank (each side) 10 rep. Split Squat (each side) 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION:	25 July RUNNING 58 MINS. MEDIUM RUN 1'10' SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%,	REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens	RUNNING EASY 87 MINS. 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. lce bath or mobility training for
	21 July RUNNING 29 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	22 July RUNNING 44 MINS. TEMPO 40° SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	23 July RUNNING EASY 73 MINS. 1'30" SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set) 1 mins. High Plank 30 sec. Side Plank (each side) 10 rep. Split Squat (each side) 10 rep. Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein loading	25 July RUNNING 58 MINS. MEDIUM RUN 110' SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30% FRIDAY	REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	RUNNING EASY 87 MINS. 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. lee bath or mobility training for 15–20 mins. at noon







W.5	MONDAY 4 Aug	TUESDAY 5 Aug	WEDNESDAY 6 Aug	THURSDAY 7 Aug	FRIDAY 8 Aug	SATURDAY 9 Aug	SUNDAY 10 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	INTERVAL TEMPO IK X 8 rest 1' 30" SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 13K 130" SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: 3 x 12 rep. Dead Bug (each side) 3 x 12 rep. Bird Dog (each side) Workout 2: 3 x 12 rep. Hold Squat Calf Raise 3 x 12 rep. Glute Bridge March (each side) 3 x 12 rep. Forward Lunges with Rotation (each side) 3 x 8 rep. Inchworm to Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein loading	MEDIUM RUN 10K 1'10" SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	LONG RUN 16K 1'45" SLOWER THAN 5K PACE NUTRITION 6 RECOVERY: Protein, antioxidant, meal, extra nutrition. loe bath or mobility training for 15-20 mins. at noon

W. 6	MONDAY 11 Aug	TUESDAY 12 Aug	WEDNESDAY 13 Aug	THURSDAY 14 Aug	FRIDAY 15 Aug	SATURDAY 26 Aug	SUNDAY 17 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	SK RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	INTERVAL TEMPO 1K X 8 rest 1' 30" SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 14K 1'30" SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: 2 x 12 rep. Dead Bug (each side) 2 x 12 rep. Bird Dog (each side) Workout 2: 2 x 12 rep. Hold Squat Calf Raise 2 x 12 rep. Hold Squat Calf Raise 2 x 12 rep. Forward Lunges with Rotation (each side) 2 x 8 rep. Inchworm to Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein loading	EASY RUN 11K 1'30" SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	TEST PARAMETER 5K (ENGINE CHECK) THE RESULT FROM THIS TEST CAN UPDATE YOUR TRAINING PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15–20 mins. at noon

W. 7	MONDAY 18 Aug	TUESDAY 19 Aug	WEDNESDAY 20 Aug	THURSDAY 21 Aug	FRIDAY 22 Aug	SATURDAY 23 Aug	SUNDAY 24 Aug
	RUNNING	RUNNING	RUNNING	STRENGTH	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' 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 14K 1'30" SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: 3 x 12 rep. Dead Bug (each side) 3 x 12 rep. Bird Dog (each side) Workout 2: 3 x 12 rep. Hold Squat Calf Raise 3 x 12 rep. Glute Bridge March (each side) 3 x 12 rep. Forward Lunges with Rotation (each side) 3 x 10 rep. Inchworm to Push Up Cool-down:	MEDIUM RUN 11K 1'10" SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	LONG RUN 17K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition loe bath or mobility training for 15-20 mins. at noon
				5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein loading			







W.8 MONDAY 25 Aug **TUESDAY** 26 Aug **WEDNESDAY** 27 Aug **THURSDAY** 28 Aug **FRIDAY** 29 Aug **SATURDAY** 30 Aug SUNDAY 31 Aug RUNNING RUNNING RUNNING RUNNING RUNNING **5K RECOVERY RUN** JUST JOG ON EASY EFFORT EASY RUN 12K 1:30 SLOWER THAN 5K PACE Warm-up: 5-10 mins. of Dynamic Stretching MEDIUM RUN 11K 1' SLOWER THAN 5K PACE EASY RUN 10K EASY RUN 18K 1'45" SLOWER THAN 5K PACE ACTIVE REST 1:30 SLOWER THAN 5K PACE NUTRITION & RECOVERY:
Carbo-loading for
Sunday's run
(try something new
that you haven't
eaten before),
hydrate yourself,
go to bed early,
avoid screens
after 7 PM. NUTRITION & RECOVERY:
Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15–20 mins. at noon Workout 1: 2 x 15 rep. Dead Bug (each side) 2 x 15 rep. Bird Dog (each side) NUTRITION: NUTRITION: NUTRITION: NUTRITION: Carbo 30%, Protein 40%, Good fats 30% Focus on antioxidant type of food Carbo 30%, Protein 40%, Good fats 30% Carbo 50%, Protein 50%, Workout 2:

2 x 15 rep. Hold Squat Calf Raise

2 x 15 rep. Glute Bridge March (each side)

2 x 15 rep. Reverse Lunges (each side)

2 x 10 rep. Inchworm to Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds **NUTRITION:** Protein Loading

W. 9	MONDAY 1 Sept	TUESDAY 2 Sept	WEDNESDAY 3 Sept	THURSDAY 4 Sept	FRIDAY 5 Sept	SATURDAY 6 Sept	SUNDAY 7 Sept
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%,	TEMPO RUN 3K X 3 + STRIDE 100X10 40 SEC. SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 13K 1:30 SLOWER THAN 5K PACE NUTRITION: Protein Loading	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: Circuit Training - 3 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) Workout 2: 3 x 30 rep. Single Leg Calf Raises (each side) 3 x 12 rep. Forward Lunges (each side) 3 x 12 rep. Lateral Squat (each side) 3 x 10 rep. Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between sets: 60-90 seconds NUTRITION: Focus on antioxidant type of food	MEDIUM RUN 10K 1' SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	ACTIVE REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 20K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidan meal, extra nutrili lee bath or mobility training for 15–20 mins. at noor

			Cool-down: 5-10 mins. of Static Stretchin: Rest between sess: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Focus on antioxidant type of food	9			
W. 10	MONDAY 8 Sept	TUESDAY 9 Sept	WEDNESDAY 10 Sept	THURSDAY 11 Sept	FRIDAY 12 Sept	SATURDAY 13 Sept	SUNDAY 14 Sept
	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 mins. of Dynamic Stretching Workout 1: Circuit Training - 3 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) Workout 2: 3 x 40 rep. Single Leg Calf Raises (each side) 3 x 20 rep. Single Leg Glute Bridge (each side) 3 x 12 rep. Forward Lunges (each side) 3 x 12 rep. Lateral Squat (each side) 3 x 10 rep.Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein Loading	EASY RUN 10K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	MEDIUM RUN 12K 1' SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	ACTIVE REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM.	EASY RUN 24K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition loe bath or mobility training for 15-20 mins. at noon







W. 11	MONDAY 15 Sept	TUESDAY 16 Sept	WEDNESDAY 17 Sept	THURSDAY 18 Sept	FRIDAY 19 Sept	SATURDAY 20 Sept	SUNDAY 21 Sept
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	6K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%,	INTERVAL TRAINING 1000M X10 rest 3' 20 SEC. FASTER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 14K 1:30 SLOWER THAN 5K PACE NUTRITION: Protein Loading	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: Circuit Training - 3 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) Workout 1: 3 x 40 rep. Single Leg Calf Raises (each side) 3 x 20 rep. Single Leg Calf Raises (each side) 3 x 12 rep. Forward Lunges (each side) 3 x 12 Rep. Lateral Squat (each side) 3 x 10 Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Focus on antioxidant type of food	MEDIUM RUN 10K 1' SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	ACTIVE REST NUTRITION ® RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 Pi	EASY RUN 28K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon M.

W. 12	MONDAY 22 Sept	TUESDAY 23 Sept	WEDNESDAY 24 Sept	THURSDAY 25 Sept	FRIDAY 26 Sept	SATURDAY 27 Sept	SUNDAY 28 Sept
	RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
	GK RECOVERY RUN JUST JOG ON EASY EFFORT, NUTRITION: Carbo 50%, Protein 50%,	INTERVAL TRAINING 600M X 10 rest 3' 25 SEC. SLOWER THAN 5 K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: Circuit Training - 2 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side) Workout 2: 2 x 40 rep. Single Leg Calf Raises (each side) 2 x 12 rep. Forward Lunges (each side) 2 x 12 rep. Lateral Squat (each side) 2 x 12 Rep. Lateral Squat (each side) 2 x 10 Push Up / Knee Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between sercises: 60-90 seconds NUTRITION: Protein Loading	EASY RUN 12K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	EASY RUN 12K 1:30 SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	ACTIVE REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	EASY RUN 32K 1:45 SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon

W. 13	MONDAY 29 Sept	TUESDAY 30 Sept	WEDNESDAY 1 Oct	THURSDAY 2 Oct	FRIDAY 3 Oct	SATURDAY 4 Oct	SUNDAY 5 Oct
	RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%,	EASY RUN 12K 1:30 SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	INTERVAL TRAINING 800M X 10 rest 3' 20 SEC. SLOWER THAN 5K PACE NUTRITION: Protein Loading	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: Core Circuit Training - 2 set: 1 mins. Plank Shoulder Tap 20 rep. Side Plank Leg Raises (each side) Workout 2: Circuit Training - 2 set: 30 sec. Jumping Jacks 20 sec. Jumping Jacks 20 sec. Mountain Climbers (as fast as possible) 10 rep. Burpees Workout 3: 2 x 10 rep. Reverse Lunges to Forward Lunges (each side) 2 x 10 rep. Lateral Lunges to High Knee (each side) 2 x 30 mins. Lateral Bear Crawl 2 x 8 rep. Push Up Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between sexercises: 60-90 seconds NUTRITION: Focus on antioxidant type of food	EASY RUN 10K 1: 30 SLOWER THAN 5K NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	ACTIVE REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	EASY RUN 16K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition lce bath or mobility training for 15–20 mins. at noon







W. 14	MONDAY 6 Oct	TUESDAY 7 Oct	WEDNESDAY 8 Oct	THURSDAY 9 Oct	FRIDAY 10 Oct	SATURDAY 11 Oct	SUNDAY 12 Oct
	RUNNING	RUNNING	RUNNING	RUNNING	STRENGTH	REST	RUNNING
	SK RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	INTERVAL TRAINING 800M X 10 rest 3' 20 SEC. SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40% Good fats 30%	EASY RUN 8K 1: 30 SLOWER THAN 5K NUTRITION: Focus on antioxidant type of food	EASY RUN 10K 1: 30 SLOWER THAN 5K NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training - 2 set: 1 mins. Plank Shoulder Tap 30 sec. Side Plank Leg Raises (each side) 3 x 10 rep. Reverse Lunges to Forward Lunges (each side) 15 rep. Leg Raise 1 mins. Russian Twist Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein Loading	ACTIVE REST NUTRITION & RECOVERY: Carbo-loading for Sunday's run (try something new that you haven't eaten before), hydrate yourself, go to bed early, avoid screens after 7 PM	EASY RUN 14K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. loe bath or mobility training for 15-20 mins. at noon

W. 15	MONDAY 13 Oct	TUESDAY 14 Oct	WEDNESDAY 15 Oct	THURSDAY 16 Oct	FRIDAY 17 Oct	SATURDAY 18 Oct	SUNDAY 19 Oct
	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' 40 SEC. SLOWER THAN SE PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 8K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	MEDIUM RUN 10K 1° SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Mobility & Core: 2 x 1 mins. Elbow Plank 2 x 30 sec. Side Plank 2 x 10 rep. Inchworm 2 x 10 rep. Plane the Needle (each side) 2 x 10 rep. Scorpion Stretch (each side) 2 x 10 rep. Scorpion Stretch (each side) 2 x 10 rep. Worlds Greatest Stretches (each side) NUTRITION & RECOVERY: Carbo 30%, Protein 40%, Good fats 30% NUTRITION: Protein Loading	ACTIVE REST NUTRITION 6: RECOVERY: Carbo-load with the best foods, stay hydrated, go to bed early, and avoid screens after 7 PM.	EASY RUN 12K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. loe bath or mobility training for 15-20 mins. at noon

		RUNNING	RUNNING	RUNNING	REST	RUNNING	
	ECOVEDA BITIN		•				
ON EA NUTR Carbo Protei	ASY EFFORT RITION: 0 30%, 1 in 40%, d fats 30%	3K X 3 REST 3' 25 SEC. SLOWER THAN 5K PACE	EASY RUN 6K 1:30 SLOWER THAN 5K PACE NUTRITION: Protein Loading	EASY RUN 6K 1:30 SLOWER THAN 5K PACE NUTRITION: Carbo 60%, Protein 20%, Good fats 20%	ACTIVE REST NUTRITION: Carbo 60%, Protein 20%, Good fats 20%	SHAKE OUT RUN 5K HR ZONE 2 NUTRITION & RECOVERY: Carbo-load with the best foods, stay hydrated, go to bed early, and avoid screens after 7 PM.	RAC













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