

CELEBRATE YOUR 16-WEEK TRAINING PROGRAM

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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
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 than your 1-mile pace)

Option 2: Estimation Formula

Est. 1-Mile Time = Your fastest 1K time \times 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 1'10" 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
RUNNING	RUNNING	STRENGTH	RUNNING	RUNNING	REST	RUNNING
22 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	32 MINS. TEMPO 40" 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	EASY 54 MINS. 1'30" SLOWER THAN 5K PACE	43 MINS. MEDIUM RUN 1'10" SLOWER THAN 5K PACE	REST	EASY 65 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	STRENGTH	RUNNING	RUNNING	REST	RUNNING
24 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	35 MINS. TEMPO 40" 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. repetisi Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	EASY 60 MINS. 1'30" SLOWER THAN 5K PACE	48 MINS. MEDIUM RUN 1'10" SLOWER THAN 5K PACE	REST	EASY 72 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 1K 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. Hold Squat Calf Raise 2 x 12 rep. Glute Bridge March (each side) 2 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 8K 1'10" 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	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. 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
4K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%	EASY RUN 8K 1:30 SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Warm-up: 5-10 mins. of Dynamic Stretching Core Circuit Training: (3 set) 2 x 15 rep. Dead Bug (each side) 2 x 15 rep. Bird Dog (each side) 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 15 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	FARTLEK PYRAMID 500M FAST 500M SLOW X 6 NO RULES PLAY YOUR SPEED NUTRITION: Focus on antioxidant type of food	EASY RUN 6K 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 12K 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. 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
4K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%	TEMPO RUN 2,5K X 2 + STRIDE 100X10 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	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 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	EASY RUN 7K 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 12K 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. 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 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	EASY RUN 8K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	MEDIUM RUN 6K 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 13K 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. 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 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 antioxidant type of food	MEDIUM RUN 8K 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 14K 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. 12

MONDAY 22 Sept	TUESDAY 23 Sept	WEDNESDAY 24 Sept	THURSDAY 25 Sept	FRIDAY 26 Sept	SATURDAY 27 Sept	SUNDAY 28 Sept
RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
5K RECOVERY RUN JUST JOG ON EASY EFFORT	EASY RUN 6K 1:30 SLOWER THAN 5K PACE	INTERVAL TRAINING 400M X 10 rest 3' 30 SEC. SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching	TEMPO 6K 40" SLOWER THAN 5K PACE	ACTIVE REST	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	Workout 1: Circuit Training - 2 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (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.	NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon
			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) 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 antioxidant type of food			

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	STRENGTH	RUNNING	RUNNING	REST	RUNNING
5K RECOVERY RUN JUST JOG ON EASY EFFORT	THRESHOLD 3K X 2 REST 3' 25' SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching	INTERVAL TRAINING 400m x 10 REST 3' 35 sec. FASTER THAN 5K PACE	EASY RUN 6K 1: 30 SLOWER THAN 5K	ACTIVE REST	EASY RUN 13K 1'45" SLOWER THAN 5K PACE
NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Workout 1: Circuit Training - 3 set: 1 mins. Plank Shoulder Tap 20 rep. Side Plank Leg Raises (each side)	NUTRITION: Focus on antioxidant type of food	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.	NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon
		Workout 2: Circuit Training - 2 set: 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: Protein Loading				

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
5K RECOVERY RUN JUST JOG ON EASY EFFORT	INTERVAL 400M X 10 REST 3 MIN 35 SEC FASTER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching	EASY RUN 6K 1:30 SLOWER THAN 5K PACE	EASY RUN 8K 1: 30 SLOWER THAN 5K	ACTIVE REST	EASY RUN 12K 1'45" SLOWER THAN 5K PACE
NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	NUTRITION: Focus on antioxidant type of food	Workout 1: Circuit Training - 3 set: 1 mins. Plank Shoulder Tap 20 rep. Side Plank Leg Raises (each side)	NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	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.	NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon
		Workout 2: Circuit Training - 2 set: 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: Protein Loading				

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 antioxidant 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%	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. Ice bath or mobility training for 15-20 mins. at noon

W. 16

W. 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	RACE DAY
	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.	
	TAPER – NO STRENGTH PROGRAM					

SAMSUNG



samsung.com/id

Gambar hanya simulasi. Tampilan UX/UI yang sebenarnya dapat berbeda. Ketersediaan warna, ukuran, model, dan tali jam dapat bervariasi tergantung negara atau operator. Program pelatih lari tersedia di ponsel Android (Android 10.0 ke atas) dan memerlukan aplikasi Samsung Health (versi 4.26.0.070 ke atas) serta login akun Samsung. Layanan ini hanya tersedia pada Galaxy Watch5 Series atau yang lebih baru (dilisiskan setelah Galaxy Watch5 Series). Untuk menggunakan program pelatih yang dipersonalisasi, pengguna perlu mengikuti tes level lari dan mendapatkan hasilnya sebelum memulai program pelatihan.

Galaxy Watch8

LE MINERALE 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 1'10" 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 1'10" 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 1'10" 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) 1 mins. High Plank 30 sec. Side Plank (each side) 10 rep. Split Squat (each side) 10 rep. repetisi Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	52 MINS. MEDIUM RUN 1'10" SLOWER THAN 5K PACE	REST	EASY 78 MINS. 1'45" SLOWER THAN 5K PACE

Le Minerale tips:

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

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
4K RECOVERY RUN JUST JOG ON EASY EFFORT	INTERVAL TEMPO 1K X 6 rest 1' 30" SLOWER THAN 5K PACE	EASY RUN 9K 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching 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	MEDIUM RUN 8K 1'10" SLOWER THAN 5K PACE	REST	LONG RUN 12K 1'45" SLOWER THAN 5K PACE

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 TEMPO 1K X 6 rest 1' 30" SLOWER THAN 5K PACE	EASY RUN 10K 1'30" SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching 2 x 12 rep. Dead Bug (each side) 2 x 12 rep. Bird Dog (each side) 2 x 12 rep. Hold Squat Calf Raise 2 x 12 rep. Glute Bridge March (each side) 2 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 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	FRIDAY 22 Aug	SATURDAY 23 Aug	SUNDAY 24 Aug
RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	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 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	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
5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%	EASY RUN 10K 1:30 SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Warm-up: 5-10 mins. of Dynamic Stretching 2 x 15 rep. Dead Bug(each side) 2 x 15 rep. Bird Dog(each side) 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 15 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	MEDIUM RUN 5K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant 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 15K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon.

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

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 & RECOVERY: Carbo 50%, Protein 50%	TEMPO RUN 2,5K X 2 + STRIDE 100X10 40 SEC. SLOWER THAN 5K PACE NUTRITION & RECOVERY: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 10K 1:30 SLOWER THAN 5K PACE NUTRITION & RECOVERY: RSS Online Session, Protein Loading	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 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 antioxidant type of food	MEDIUM RUN 6K 1' SLOWER THAN 5K PACE NUTRITIO & RECOVERY: 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. Ice bath or mobility training for 15-20 mins. at noon

W.10

MONDAY 8 Sep	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%	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 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: Protein Loading	EASY RUN 10K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	MEDIUM RUN 8K 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 14K 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.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 6 rest 3' 25 SEC. FASTER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 10K 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 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 antioxidant type of food	MEDIUM RUN 8K 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 15K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon

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

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
5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%,	INTERVAL TRAINING 600M X 10 rest 3' 35 SEC. SLOWER THAN 5K 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 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: Protein Loading	EASY RUN 10K 1:45 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	MEDIUM RUN 8K 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 16K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 min 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 8K 1:30 SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	INTERVAL TRAINING 400M X 12 rest 3' 35 SEC. FASTER THAN 5K PACE NUTRITION: Protein Loading	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: Circuit Training - 3 set: 1 mins. Plank Shoulder Tap 20 rep. Side Plank Leg Raises (each side) Workout 2: Circuit Training - 2 set: 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: Focus on antioxidant type of food	EASY RUN 6K 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 12K 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.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	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 25 SEC FASTER THAN 5K PACE NUTRITION: Focus on antioxidant type of food	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: Circuit Training - 3 set: 1 mins. Plank Shoulder Tap 20 rep. Side Plank Leg Raises (each side) Workout 2: Circuit Training - 2 set: 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: Protein Loading	EASY RUN 6K 1:30 SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	MEDIUM RUN 6K 1' 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 12K 1'45" SLOWER THAN 5K PACE NUTRITION & RECOVERY: 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 NUTRITION & RECOVERY: Carbo 50%, Protein 50%	TEMPO RUN 3K X 2 5K PACE NUTRITION & RECOVERY: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 5K 1:30 SLOWER THAN 5K PACE NUTRITION & RECOVERY: Protein Loading	MEDIUM RUN 5K 1' SLOWER THAN 5K PACE NUTRITION & RECOVERY: Focus on antioxidant 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 & RECOVERY: 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. Ice bath or mobility training for 15-20 mins. at noon

W.16

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	RACE DAY
5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%	THRESHOLD RUN 2K X 2 5K PACE NUTRITO: Carbo 40%, Protein 40%, Good fats 20%	EASY RUN 6K 1:30 SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant 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	
TAPER - NO STRENGTH PROGRAM						

Le Minerale tips:
Bantuukupi 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

Powered by



#LANGKAHERSAMA

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 PACE 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
RUNNING	RUNNING	RUNNING	STRENGTH	RUNNING	REST	RUNNING
25 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	38 MINS. TEMPO 40" SLOWER THAN 5K PACE	EASY 64 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	51 MINS. MEDIUM RUN 1'10" SLOWER THAN 5K PACE	REST	EASY 76 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
28 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT	42 MINS. TEMPO 40" SLOWER THAN 5K PACE	EASY 70 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. repetisi Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds	56 MINS. MEDIUM RUN 1'10" SLOWER THAN 5K PACE	REST	EASY 84 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 (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. Reverse Lunges (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	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	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 X 7 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 (each side) 2 x 12 rep. Bird Dog (each side) Workout 2: 2 x 12 rep. Hold Squat Calf Raise 2 x 12 rep. Glute Bridge March (each side) 2 x 12 rep. Reverse Lunges (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	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 (each side) 3 x 15 rep. Bird Dog (each side) Workout 2: 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 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	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%	EASY RUN 11K 1:30 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 (each side) 2 x 15 rep. Bird Dog (each side) 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	MEDIUM RUN 11K 1' SLOWER THAN 5K PACE NUTRITION: Focus on antioxidant 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. Ice bath or mobility training for 15-20 mins. at noon

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 2,5K X 3 + STRIDE 100X10 40 SEC. SLOWER 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 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 antioxidant type of food	MEDIUM RUN 10K 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 18K 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. 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 9X 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 11K 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, antioxidant, meal, extra nutrition. Ice 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
5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%,	INTERVAL TRAINING 1000M X 10 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 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 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 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, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon

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
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%,	INTERVAL TRAINING 600M X 10 rest 3' 25 SEC. SLOWER THAN 5K 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 20 rep. Single Leg Glute Bridge (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 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 12K 1:45 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%	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. 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 400M X 15 rest 3' 20 SEC. SLOWER THAN 5K PACE NUTRITION: Protein Loading	Warm-up: 5-10 mins. of Dynamic Stretching Workout 1: Circuit Training - 3 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. Mountain Climbers (as fast as possible) 10 rep. Burpees Workout 3: 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: 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 14K 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. 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
	5K 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: Circuit Training - 2 set: 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 side) 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 between exercises: 60-90 seconds NUTRITION: Protein Loading	INTERVAL TRAINING 400M X 20 rest 3' 15 SEC. FASTER 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 12K 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. 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 antioxidant 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%	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. Ice bath or mobility training for 15-20 mins. at noon

W. 16

W. 16	MONDAY 20 Oct	TUESDAY 21 Oct	WEDNESDAY 22 Oct	THURSDAY 23 Oct	FRIDAY 24 Oct	SATURDAY 25 Oct
	RUNNING	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' 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.	
	TAPER - NO STRENGTH PROGRAM					

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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 NUTRITION: 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 exercises: 60-90 seconds NUTRITION: Protein loading	53 MINS. MEDIUM RUN 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.	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

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
29 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	44 MINS. TEMPO 40" SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	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	58 MINS. MEDIUM RUN 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.	EASY 87 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

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
32 MINS. RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	48 MINS. TEMPO 40" SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY 79 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. repetisi Inchworm Cool-down: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein loading	64 MINS. MEDIUM RUN 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.	EASY 96 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

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 1K X 8 rest 1' 30" SLOWER THAN 5K PACE NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	EASY RUN 13K 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 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 & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice 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
5K 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. Glute Bridge March (each side) 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: 5-10 mins. of Static Stretching Rest between sets: 30-60 seconds Rest between exercises: 60-90 seconds NUTRITION: Protein loading	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. Ice bath or mobility training for 15-20 mins. at noon

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	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 1:30 SLOWER THAN 5K PACE	ACTIVE REST	EASY RUN 18K 1'45" SLOWER THAN 5K PACE
NUTRITION: Carbo 50%, Protein 50%,	NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Workout 1: 2 x 15 rep. Dead Bug (each side) 2 x 15 rep. Bird Dog (each side)	NUTRITION: Focus on antioxidant type of food	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.	NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon
		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	TEMPO RUN 3K X 3 + STRIDE 100X10 40 SEC. SLOWER THAN 5K PACE	EASY RUN 13K 1:30 SLOWER THAN 5K PACE	Warm-up: 5-10 mins. of Dynamic Stretching	MEDIUM RUN 10K 1' SLOWER THAN 5K PACE	ACTIVE REST	EASY RUN 20K 1'45" SLOWER THAN 5K PACE
NUTRITION: Carbo 50%, Protein 50%,	NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	NUTRITION: Protein Loading	Workout 1: Circuit Training - 3 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (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.	NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon
			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 antioxidant 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	FARTLEK 500M FAST 500M SLOW REPEAT 10X SPEED PLAY	Warm-up: 5-10 mins. of Dynamic Stretching	EASY RUN 10K 1:30 SLOWER THAN 5K PACE	MEDIUM RUN 12K 1' SLOWER THAN 5K PACE	ACTIVE REST	EASY RUN 24K 1'45" SLOWER THAN 5K PACE
NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	Workout 1: Circuit Training - 3 set: 1 mins. Alternating Single Leg Plank 10 rep. Side Plank with Rotation (each side)	NUTRITION: Focus on antioxidant type of food	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.	NUTRITION & RECOVERY: Protein, antioxidant, meal, extra nutrition. Ice bath or mobility training for 15-20 mins. at noon
		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
6K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 50%, Protein 50%,	INTERVAL TRAINING 1000M X 10 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 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 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 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

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
6K RECOVERY RUN JUST JOG ON EASY EFFORT, NUTRITION: Carbo 50%, Protein 50%,	INTERVAL TRAINING 600M X 10 rest 3' 25 SEC. SLOWER THAN 5K 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 20 rep. Single Leg Glute Bridge (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 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 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. 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 exercises: 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. Ice 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
5K 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. Ice 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 5K 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. 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% NUTRITION: Protein Loading	ACTIVE REST NUTRITION & 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. Ice bath or mobility training for 15-20 mins. at noon

W. 16

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	RUNNING	REST	RUNNING	RACE DAY
	5K RECOVERY RUN JUST JOG ON EASY EFFORT NUTRITION: Carbo 30%, Protein 40%, Good fats 30%	THRESHOLD RUN 3K X 3 REST 3' 25 SEC. SLOWER THAN 5K PACE NUTRITION: Carbo 40%, Protein 20%, Good fats 20%	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.	
TAPER - NO STRENGTH PROGRAM							

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