

TRAINING PLAN // 15 KM

by Sebastian Hallmann



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 //	45 min continuous run Pace 7:10 10 min strength training	Rest day	Tempo run 10 min warm up and cool down 3 x 7 min Pace 6:05 4 min recovery	Rest day	Rest day	40 min continuous run Pace 7:00 20 min strength training	80 min continuous run Pace 7:20
Week 2 //	40 min continuous run Pace 7:10 20 min strength training	Rest day	Tempo run 10 min warm up and cool down 12 x 1 min Pace 5:50 1.5 min recovery	10 min strength training	Rest day	6 km tempo endurance run Pace 6:10	70 min continuous run Pace 7:20
Week 3 //	45 min continuous run, easy Pace 7:10 10 min strength training	Tempo run 10 min warm up and cool down 15 x 1 min Pace 5:50 1.5 min recovery	Rest day	100 min continuous run, easy Pace 7:30	Rest day	10 min strength training	45 min continuous run Pace 7:00 6 x 100 m sprints Recovery: walk back to the start
Week 4 //	Rest day	40 min continuous run Pace 7:20 10 min strength training	45 min increasing tempo intervals 15/15/15 min Pace 7:20 Pace 6:40 Pace 6:00	Rest day	Rest day	30 min continuous run Pace 7:10 4 x 100 m sprints Recovery: walk back to the start	Tempo run 10 min warm up and cool down 3 x 10 min Pace 6:00 4 min recovery
Week 5 //	50 min continuous run Pace 7:20	Rest day	40 min continuous run Pace 6:50 20 min strength training	80 min continuous run, easy Pace 7:20	Rest day	Tempo run 10 min warm up and cool down 15 x 1 min Pace 5:50 1 min recovery	Rest day
Week 6 //	50 min continuous run, easy Pace 7:00 10 min strength training	Rest day	Tempo run 10 min warm up and cool down 2 x 1 min Pace 6:05 1 min recovery	Rest day	90 min continuous run, easy Pace 7:30	20 min strength training	45 min increasing tempo intervals 15/15/15 min Pace 7:10 Pace 6:30 Pace 5:50



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7 //	50 min continuous run Pace 7:30	Rest day	40 min continuous run Pace 7:00 10 min strength training	8 km continuous run with tempo changes 10 min warm up and cool down 1 km Pace alternating between 6:45 & 6:00	Rest day	90 min continuous run, easy Pace 7:25	30 min strength training
Week 8 //	Rest day	Tempo run 10 min warm up and cool down 3 x 12 min Pace 6:00 4 min recovery	Rest day	75 min continuous run, easy Pace 7:10 20 min strength training	Rest day	30 min continuous run Pace 6:30	100 min continuous run Pace 7:30
Week 9 //	Rest day	30 min continuous run Pace 7:20	Rest day	45 min continuous run Pace 7:10	Rest day	30 min continuous run Pace 7:00	Tempo run 10 min warm up and cool down 2 x 20 min Pace 5:55 8 min recovery
Week 10 //	40 min continuous run Pace 7:00	Rest day	60 min continuous run Pace 6:50 20 min strength training	Rest day	Rest day	Tempo interval run 8/15/8/15 min 10 min warm up and cool down 8 min pace 5:50 15 min pace 6:05 4 min recovery	60 min continuous run Pace 7:10
Week 11 //	Rest day	45 min continuous run Pace 6:50	Rest day	75 min continuous run, easy Pace 7:10	30 min continuous run Pace 6:45 10 min strength training	Tempo run 10 min warm up and cool down 4 x 6 min Pace 5:50 4 min recovery	Rest day
Week 12 //	45 min continuous run Pace 7:10	Tempo run 10 min warm up and cool down 10 min pace 6:00 5 min recovery 4 x 1 min pace 5:40 2 min recovery	Rest day	35 min continuous run Pace 7:00	Rest day	Rest day	Rest day

