RUNNER'S WORLD GERMANY TRAINING PLAN

GO 15 KM IN THE WINGS FOR LIFE WORLD RUN 2020

The training plan below will prepare you to run 15 km in the Wings for Life World Run on May 3, 2020. Designed specifically to help you stay ahead of the Catcher Car, the training plan pushes you to change pace, increase speed and be ready to sprint in those last few moments of the race. Check below for details on pace and technique, and use our Goal Calculator to work out the pace you'll need to reach your goal.

WEEK 1

MONDAY	Rest day
TUESDAY	30-min easy run
WEDNESDAY	Rest day
THURSDAY	35-min easy run with 3 x increases to around 80 or 100m
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	50-min slow run

MONDAY	Rest day
TUESDAY	30-min easy run with 3 x increases to around 80 or 100m
WEDNESDAY	Rest day
THURSDAY	10-min warm-up run, 35-min tempo run, 10-min cooldown run
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	60-min slow run

WEEK 3

MONDAY	Rest day
TUESDAY	30-min easy run
WEDNESDAY	Rest day
THURSDAY	10-min warm-up run, 40-min tempo run, 10-min cooldown run
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	60-min slow run

WEEK 4

MONDAY	Rest day
TUESDAY	45-min easy run with 3 x increases to around 80 or 100m
WEDNESDAY	Rest day
THURSDAY	10-min warm-up run, 40-min tempo run, 10-min cooldown run
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	75-min slow run with 3 x increases to around 80 or 100m

MONDAY	Rest day
TUESDAY	35-min easy run
WEDNESDAY	Rest day
THURSDAY	10-min warm-up run, 40-min tempo run, 10-min cooldown run
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	85-min slow run with 3 x increases to around 80 or 100m

WEEK 6

MONDAY	Rest day
TUESDAY	35-min easy run
WEDNESDAY	Rest day
THURSDAY	10-min warm-up run, 5 x 3-min fast with 3-min jog rests between each, 10-min cooldown run
FRIDAY	20-min easy run with 3 x increases to around 80 or 100m
SATURDAY	Rest day
SUNDAY	10-min warm-up run, 10km at race pace, 10-min cooldown run

WEEK 7

MONDAY	Rest day
TUESDAY	30-min slow run
WEDNESDAY	Rest day
THURSDAY	45-min easy run with 3 x increases to around 80 or 100m
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	80-min slow run with 3 x increases to around 80 or 100m

MONDAY	Rest day
TUESDAY	35-min easy run
WEDNESDAY	Rest day
THURSDAY	10-min warm-up run, 6 x 3-min fast with 3-min jog rests between each, 10-min cooldown run
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	90-min slow run with 3 x increases to around 80 or 100m

MONDAY	Rest day
TUESDAY	35-min easy run
WEDNESDAY	Rest day
THURSDAY	10-min warm-up run, 40-min interval training, 10-min cooldown run
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	90-min slow run with 3 x increases to around 80 or 100m

MONDAY	Rest day
TUESDAY	35-min slow run
WEDNESDAY	Rest day
THURSDAY	10-min warm-up run, 5 x 4-min fast with 4-min jog rests between each, 10-min cooldown run
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	100-min slow run with 3 x increases to around 80 or 100m

MONDAY	Rest day
TUESDAY	30-min easy run
WEDNESDAY	Rest day
THURSDAY	10-min warm-up run, 4 x 5-min fast with 4-min jog rests between each, 10-min cooldown run
FRIDAY	Rest day
SATURDAY	Rest day
SUNDAY	60-min slow run with 3 x increases to around 80 or 100m

WEEK 12

MONDAY	Rest day
TUESDAY	30-min easy run
WEDNESDAY	5-min warm-up run, 3km tempo run, 5-min cooldown run
THURSDAY	Rest day
FRIDAY	15-min slow run
SATURDAY	Rest day
SUNDAY	**Wings for Life World Run**

BE A PART OF IT

WINGS FOR LIFE WORLD RUN

MAY 3, 2020

FIND THE RIGHT PACE

+ SLOW RUN

Pace: 90 seconds slower than 10km-race speed

Intensity: 70 to 75% of maximum heart rate

Scale from 1 to 10: 1 to 2

Description: Extremely slow pace, almost too slow

Speak test: You can chat easily, using whole sentences

+ GENTLE RUN

Pace: 60 to 80 seconds slower than 10km-race speed

Intensity: 75 to 80% of maximum heart rate

Scale from 1 to 10: 3 to 4

Description: comfortable, feel-good pace

Speak test: You can chat easily, using short sentences

+ EASY RUN

Pace: 30 to 50 seconds slower than 10km-race speed

Intensity: 80 to 85% of maximum heart rate

Scale from 1 to 10: 5 to 6

Description: moderate but fun pace

Speak test: You can still chat but it's harder. Short sentences are still possible

+ TEMPO RUN

Pace: Half-marathon speed
Intensity: 85 to 88% of maximum heart rate
Scale from 1 to 10: 7 to 8
Description: Hard, but you can just keep it going on good days
Speak test: You can use single words, possibly

+ FAST/ VERY FAST

Fast = Pace: 10km-race speed
Very fast = Pace: 5km-race speed
Intensity: 95 to 100% of maximum heart rate
Scale from 1 to 10: 9 to 10
Description: very fast pace possible only over a short distance
Speak test: You can't talk

+ INCREASES

Building to a sprint for about 80- to 100-meters at the end of training – start with a jog and increase speed steadily to reach the sprint

+ INTERVAL TRAINING

Try to do interval training on soft ground, if possible, in slightly profiled terrain over non-measured distances. After warming up, run varying distances at different speeds, from fast running to sprinting, with easy jogging between each interval. This interval training does not dictate an exact workload; you determine the speed and length of each section.

MAKE YOUR TRAINING COUNT ON **MAY 3**.

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