



TRAINING PLAN RUNNING IS MY NEW HEALTHY LIFESTYLE



Sport: Running
Level: Beginner
Duration: 10 Weeks
Target: New healthy lifestyle / Weight loss
Activities include: Running and power walking

▶ WEEK 1 – 2

■	1 x Running	Duration: 30 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
■	1 x Jogging / Running	Duration: 30 minutes at basic endurance level, heart rate 65–75 % of HR _{max} .

▶ WEEK 3 – 4

■	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
■	1 x Running	Duration: 30 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
■	1 x Power walking	Duration: 60–75 minutes at basic endurance level, heart rate 50–70 % of HR _{max} .

▶ WEEK 5-6

■	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 15 min at 70–80 % of HR _{max} (25 min easy, 15 min steady, 20 min easy).
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■	1 x Power walking	Duration: 60 minutes at basic endurance level, heart rate 50–65 % of HR _{max} .
■	1 x Jogging / Running	Duration: 30 minutes at basic endurance level, heart rate 60–70 % of HR _{max} .

■ Very hard
90-100%

■ Hard
80-90%

■ Moderate
70-80%

■ Light
60-70%

■ Very light
50-60%



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▶ WEEK 7–8

	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 2 x 10 min at 70–85% of HR _{max} / 10 min easy in between
	1 x Running	Duration: 30 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
	1 x Running	Duration: 30 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .

▶ WEEK 9 – 10

	1 x Running	Duration: 60 minutes at basic endurance level, first 20 minutes heart rate 60–75 % of HR _{max} , then 30 minutes heart rate 70–85% of HR _{max} and last 10 minutes easy
	1 x Running	Duration: 30 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
	1 x Running and walking	Duration: 60–75 minutes at basic endurance level, heart rate 60–80 % of HR _{max} . Includes: 15 min of running, 5 min of walking, 15 min of running, 5 min of walking etc.

■ Very hard
90-100%

■ Hard
80-90%

■ Moderate
70-80%

■ Light
60-70%

■ Very light
50-60%