

# RUNNER'S WORLD



## RUNNER'S WORLD GERMANY TRAINING PLAN

# GO 30+ KM IN THE WINGS FOR LIFE WORLD RUN 2020

The training plan below will prepare you to run 30+ 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

<b>MONDAY</b>	40-min gentle run
<b>TUESDAY</b>	10-min warm-up run, 3 x 10-min tempo run with 4-min jog rests between each, 10-min cooldown run
<b>WEDNESDAY</b>	Rest day
<b>THURSDAY</b>	60-min easy run with 3 x increases to around 80 or 100m
<b>FRIDAY</b>	Rest day
<b>SATURDAY</b>	20-min warm-up run, 5k tempo run, 20-min cooldown run
<b>SUNDAY</b>	20km slow run with 3 x increases to around 80 or 100m

## WEEK 3

<b>MONDAY</b>	40-min gentle run
<b>TUESDAY</b>	Rest day
<b>WEDNESDAY</b>	15-min warm-up run, 7 x 800m fast with 3-min jog rests between each, 15-min cooldown run
<b>THURSDAY</b>	60-min gentle run with 3 x increases to around 80 or 100m
<b>FRIDAY</b>	40-min easy run, increasing pace towards the end of the run (if you feel comfortable)
<b>SATURDAY</b>	Rest day
<b>SUNDAY</b>	22km slow run, starting very slowly

<b>MONDAY</b>	40-min gentle run
<b>TUESDAY</b>	15-min warm-up run, 3 x 1600m fast with 3-min jog rests between each, 15-min cooldown run
<b>WEDNESDAY</b>	60-min easy run
<b>THURSDAY</b>	Rest day
<b>FRIDAY</b>	10-min warm-up run, 8km interval training, 10-min cooldown run
<b>SATURDAY</b>	Rest day
<b>SUNDAY</b>	24km slow run with 3 x increases to around 80 or 100m

<b>MONDAY</b>	40-min gentle run
<b>TUESDAY</b>	15-min warm-up run, 10 x 400m very fast with 3-min jog rests between each, 15-min cooldown run
<b>WEDNESDAY</b>	Rest day
<b>THURSDAY</b>	40-min gentle run with 3 x increases to around 80 or 100m
<b>FRIDAY</b>	10-min warm-up run, 8km tempo run, 10-min cooldown run
<b>SATURDAY</b>	Rest day
<b>SUNDAY</b>	26km slow run with 3 x increases to around 80 or 100m

## WEEK 2

## WEEK 4

## WEEK 6

<b>MONDAY</b>	40-min gentle run
<b>TUESDAY</b>	15-min warm-up run, 8 x 800m fast with 3-min jog rests between each, 15-min cooldown run
<b>WEDNESDAY</b>	Rest day
<b>THURSDAY</b>	60-min easy run
<b>FRIDAY</b>	10-min warm-up run, 10km tempo run, 10-min cooldown run
<b>SATURDAY</b>	Rest day
<b>SUNDAY</b>	24km slow run with 3 x increases to around 80 or 100m

<b>MONDAY</b>	40-min gentle run with 3 x increases to around 80 or 100m
<b>TUESDAY</b>	Rest day
<b>WEDNESDAY</b>	15-min warm-up run, 4 x 800m fast with 3-min jog rests between each, 15-min cooldown run
<b>THURSDAY</b>	40-min gentle run
<b>FRIDAY</b>	Rest day
<b>SATURDAY</b>	20-min slow run with 3 x increases to around 80 or 100m
<b>SUNDAY</b>	15-min warm-up run, half marathon at race pace, 15-min cooldown run

<b>MONDAY</b>	40-min slow run
<b>TUESDAY</b>	40-min easy run with 3 x increases to around 80 or 100m
<b>WEDNESDAY</b>	60-min gentle run
<b>THURSDAY</b>	Rest day
<b>FRIDAY</b>	10-min warm-up run, 10km interval training, 10-min cooldown run
<b>SATURDAY</b>	40-min gentle run
<b>SUNDAY</b>	26km slow run with 5 x increases to around 80 or 100m

## WEEK 5

## WEEK 7

## WEEK 9

<b>MONDAY</b>	40-min gentle run
<b>TUESDAY</b>	15-min warm-up run, 10 x 800m fast with 3-min jog rests between each, 15-min cooldown run
<b>WEDNESDAY</b>	Rest day
<b>THURSDAY</b>	40-min gentle run with 3 x increases to around 80 or 100m
<b>FRIDAY</b>	10-min warm-up run, 12km tempo run, 10-min cooldown run
<b>SATURDAY</b>	Rest day
<b>SUNDAY</b>	28km slow run with 5 x increases to around 80 or 100m

<b>MONDAY</b>	Rest day
<b>TUESDAY</b>	40-min gentle run with 3 x increases to around 80 or 100m
<b>WEDNESDAY</b>	15-min warm-up run, 4 x 1600m fast with 4-min jog rests between each, 15-min cooldown run
<b>THURSDAY</b>	50-min gentle run
<b>FRIDAY</b>	Rest day
<b>SATURDAY</b>	30km slow run with 3 x increases to around 80 or 100m
<b>SUNDAY</b>	40-min gentle run

<b>MONDAY</b>	60-min gentle run with 3 x increases to around 80 or 100m
<b>TUESDAY</b>	15-min warm-up run, 10 x 400m very fast with 400m jog rests between each, 15-min cooldown run
<b>WEDNESDAY</b>	40-min gentle run
<b>THURSDAY</b>	22km slow run
<b>FRIDAY</b>	Rest day
<b>SATURDAY</b>	20-min gentle run with 3 x increases to around 80 or 100m
<b>SUNDAY</b>	15-min warm-up run, 10km at race pace, 15-min cooldown run

## WEEK 8

## WEEK 10

**WEEK 12**

<b>MONDAY</b>	40-min gentle run
<b>TUESDAY</b>	Rest day
<b>WEDNESDAY</b>	10-min warm-up run, 2 x 4km tempo run with 3-min jog rests between each, 10-min cooldown run
<b>THURSDAY</b>	Rest day
<b>FRIDAY</b>	18km slow run
<b>SATURDAY</b>	35-min easy run with 3 x increases to around 80 or 100m
<b>SUNDAY</b>	Rest day

**WEEK 11**

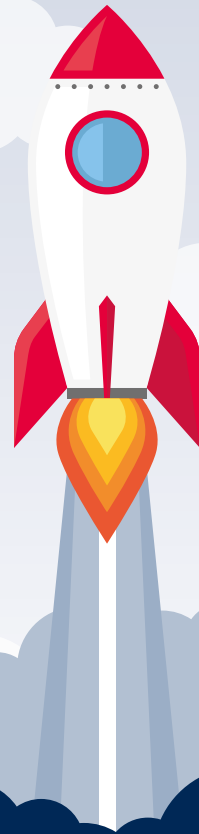
<b>MONDAY</b>	30-min gentle run with 3 x increases to around 80 or 100m
<b>TUESDAY</b>	10-min warm-up run, 5km tempo run, 10-min cooldown run
<b>WEDNESDAY</b>	Rest day
<b>THURSDAY</b>	20-min gentle run with 3 x increases to around 80 or 100m
<b>FRIDAY</b>	Rest day
<b>SATURDAY</b>	15-min slow run with 3 x increases to around 80 or 100m
<b>SUNDAY</b>	<b>Wings for Life World Run</b>

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.**

**JOIN US AT [WINGSFORLIFEWORLDRUN.COM](http://WINGSFORLIFEWORLDRUN.COM)**