

PREPARATION COURSE ADVANCED



	1st Unit	2nd Unit	3rd Unit (optional)	4th Unit
Week 1 / CW05 29.01. - 04.02.24	50' easy run	10' warm up - 45' (1' fast - 4' easy) - 10' cool down	40' medium endurance run	80' long run
Week 2 / CW06 05.02. - 11.02.24	60' easy run	10' warm up - 50' (1' fast - 4' easy) - 10' cool down	40' medium endurance run	90' long run
Week 3 / CW07 12.02. - 18.02.24	60' easy run	10' warm up - 45' (2' fast - 3' easy) - 10' cool down	45' medium endurance run	120' long run
Week 4 / CW08 19.02. - 25.02.24	75' easy run	10' warm up - 6-8x 1.000m (2-3' walking) - 10' cool down	45' medium endurance run	120' long run
Week 5 / CW09 26.02. - 03.03.24	50' easy run	45' medium endurance run	40' easy run + core training	135' long run
Week 6 / CW10 04.03. - 10.03.24	60' easy run	10' warm up - 4x 2.000m (break 2-3' walking) - 10' cool down	40' medium endurance run	18-20k long run (last 2k HM Pace)
Week 7 / CW11 11.03. - 17.03.24	60' easy run	10' warm up, 1.000m - 1.500m - 2.000m - 1.500m - 1.000m (break 2-3' walking) - 10' cool down	30' easy run + core training	10 k test
Woche 8 / CW12 18.03. - 24.03.24	60' easy run	2k easy run - 2x 3k HM Pace - 2k easy run	45' medium endurance run	18k long run (last 3k HM Pace)
Week 9 / CW13 25.03. - 31.03.24	45' easy run	5k easy run - 4k HM Pace - 3k easy run	45' easy run + 3x 150m technique	80' long run
Week 10 / CW14 01.04. - 07.04.24	3k easy run - 3k HM Pace - 1k easy run	30' easy run + 3 STL	GENERALI BERLIN HALF MARATHON	

Easy endurance run:

GA1, basic endurance 1 (GA 1) should also be a pace at which you can still have a good conversation.

Medium endurance run:

It must still be possible to have a conversation, but you will need breaks to catch your breath.

Fast run:

It's difficult to have a conversation, you'll be looking forward to the easier part.

STL:

Start at a slow running pace and gradually increase the speed until just before the maximum, around 60 to 80 metres.

Technical run:

150 metres on technique

HM Pace:

Half Marathon Pace