



SEA HEALTH & WELFARE

RUNNING PROGRAM

LEVEL: Advanced

This program is for the experienced runner. That means you have a good running form, can master running with a high cadence of 180 steps per minute and has been running 3 times per week with a weekly total between 25-30 km for a longer period. The program will focus on intervals/oxygen uptake, and thereby improve your running.

Speed training:

Exercises for ankles/calves and shins to help you develop your strength and ability to send signals down to your feet, so you become stronger and more enduring. Speed training is a short workout that can easily be squeezed in the program in 2-3 times a week, where it suits you. However, not before a run. With this type of training, the heart rate is not meant to increase, because you need to be fully focused on quality of the exercises. See the exercises below.

Speed training: (watch videos on the website for details)

Repeat 4 times, 2-3 times a week

1. 30 x running man
2. 30 x butt kicks
3. 30 x toe raises

Your warm-up intensity should be in zone 2, very light on RPE- scale:

RPE SCALE	RATE OF PERCEIVED EXERTION
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain or more than a very short time.
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	MODERATE ACTIVITY Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeable more challenging.
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc.

WEEK	DISTANCE	KM
Week 1	Distance 30 km	Km
Monday	1 km warm-up, 7 km zone 6, 2 km zone 8	10
Tuesday		
Wednesday	1 km warm-up, 7 km zone 6, 2 km zone 8	10
Thursday		
Friday		
Saturday	1 km warm-up, 6 km zone 6, 3 km zone 8	10
Sunday		

Week 2	Distance 28 km	Km
Monday	1 km warm-up, 8 km zone 6, 2 km zone 8	11
Tuesday		
Wednesday	3 km warm-up, 500 m. x 4 zone 9 (rest as needed)	5
Thursday		
Friday	2 km warm-up, 2 km zone 4, 2 km zone 8	6
Saturday	2 km warm-up, 2 km zone 4, 2 km zone 8	6
Sunday		

Week 3	Distance 30 km	Km
Monday	1 km warm-up, 6 km zone 4, 4 km zone 6	11
Tuesday		
Wednesday	3 km warm-up, 500 m. x 6 zone 9 (rest as needed)	6
Thursday		
Friday	2 km warm-up, 2 km zone 4, 3 km zone 8	7
Saturday	2 km warm-up, 1 km zone 4, 3 km zone 8	6
Sunday		

Week 4	Distance 33 km	Km
Monday	1 km warm-up, 6 km zone 4, 4 km zone 6	11
Tuesday		
Wednesday	2 km warm-up, 4 km zone 4, 1 km zone 8	7
Thursday		
Friday	1 km warm-up, 6 km zone 4, 2 km zone 8	9
Saturday	3 km warm-up, 500 m. x 6 zone 9 (rest as needed)	6
Sunday		

Week 5	Distance 36 km	Km
Monday	1 km warm-up, 7 km zone 4, 4 km zone 6	12
Tuesday		
Wednesday	5 km warm-up (last 2 km of warm-up in zone 6) 100 m. x 10 zone 10 (rest as needed)	6
Thursday		
Friday	2 km warm-up, 4 km zone 6	6
Saturday	1 km warm-up, 7 km zone 4, 4 km zone 6	12
Sunday		

Week 6	Distance 31 km	Km
Monday	1 km warm-up, 9 km zone 6, 2 km zone 8	12
Tuesday		
Wednesday	5 km warm-up (last 2 km of warm-up in zone 6) 500 m. x 4 zone 9 (rest as needed)	7
Thursday		
Friday	2 km warm-up, 2 km zone 4, 2 km zone 8	6
Saturday	2 km warm-up, 2 km zone 4, 2 km zone 8	6
Sunday		

Week 7	Distance 36 km	Km
Monday	1 km warm-up, 7 km zone 4, 4 km zone 6	12
Tuesday		
Wednesday	5 km warm-up (last 2 km of warm-up in zone 6) 100 m. x 10 zone 10 (rest as needed)	6
Thursday		
Friday	1 km warm-up, 5 km zone 6	6
Saturday	1 km warm-up, 7 km zone 4, 4 km zone 6	12
Sunday		

Week 8	Distance 31 km	Km
Monday	1 km warm-up, 6 km zone 4, 4 km zone 6	11
Tuesday		
Wednesday	4 km warm-up (last 2 km of warm-up in zone 6) 500 m. x 4 zone 9	6
Thursday		
Friday	2 km warm-up, 2 km zone 4, 3 km zone 8	7
Saturday	2 km warm-up, 2 km zone 4, 3 km zone 8	7
Sunday		