

Focus Water – Run The World

St. Gallen 11. Mai 2025



6 Weeks – 21,1km Training Plan - Beginner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1)	Recovery Run 3km		Intervals 4km		Tempo Run 5km		Long Run 8km
2)	3km		4,5km		5,5km		10km
3)	3,5km		5km		6km		12km
4)	4km		5,5km		6,5km		14km
5)	4km		6km		7km		16km
6)	3km	Taper Week		5km		Race Day! →	21,1km

Recovery Run

The recovery run is a very easy jog at **50–60% of your max heart rate** (roughly calculated as 220 minus your age). It promotes blood flow and activates your muscles without adding fatigue. It should feel light and comfortable – almost like a brisk walk with short running segments.

Intervals

Interval training combines high-intensity efforts (**90–100% of max heart rate**) with **recovery phases**. The fast intervals are short but intense – usually between 30 seconds and 5 minutes – followed by an easy jog or walk break. This type of workout boosts your **VO2max** (maximum oxygen uptake) and makes your race pace more efficient.

Tempo Run

The tempo run is done at **80–90% of your max heart rate** and challenges the body without pushing into the red zone. It improves your aerobic threshold and helps you maintain a faster pace over longer distances. You should still be able to talk while running – but only in short sentences.

Long Run

The long run is the foundation of endurance training and is done at **60–70% of your max heart rate**. The pace should be comfortable enough to hold a conversation. This session improves fat metabolism, strengthens the cardiovascular system, and prepares your body for longer races.

Additional tips for the perfect run - Beginner

Training

- ✓ **Start slow:** Don't go out too fast – choose a pace that allows you to hold a conversation..
- ✓ **Consistency beats intensity:** It's better to run regularly than to overdo it in a single week.
- ✓ **Increase distance gradually:** Raise your weekly mileage by no more than **20%** to avoid injury.

Nutrition and Hydration

- ✓ **Don't eat too much before running:** Light snacks (a banana or toast with honey) about 30–60 minutes before your run.
- ✓ **Stay hydrated:** Especially on longer runs or in hot weather. Don't wait until you're thirsty, hydrate early and consistently.
- ✓ **Refuel with protein and carbs after your run:** It supports recovery – think yogurt with oats, for example.

Mindset

- ✓ **Set realistic goals:** Not every session has to be perfect – staying **consistent** is what counts.
- ✓ **Listen to your body:** Pain ≠ normal. Take rest days when needed.
- ✓ **Find your motivation:** Running partners, music, podcasts, or a running app can help you stay on track.



Don't forget to sign up and



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