

# Focus Water – Run The World

St. Gallen 11. Mai 2025



## 6 Weeks – 21,1km Training Plan - Advanced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1)	Recovery Run 5km		Intervals 6km (6x1km)		Tempo Run 8km		Long Run 12km
2)	5km		7km		8,5km		14km
3)	5km		7,5km		9km		16km
4)	5,5km		8km		9,5km		18km
5)	6km		8,5km		10km		20km
6)	4km	Taper Week		6km		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 - Advanced

### Training



**Use pace variation:** Mix in long slow runs, tempo runs, and intervals for a well-rounded training effect.



**Increase weekly mileage:** Aim for 4–5 runs per week with varying intensities to build endurance.



**Strength / stability training:** Squats, plyometrics, and core workouts boost running efficiency and help prevent injuries.

### Nutrition and Hydration



**Test your race-day nutrition:** For runs over 90 minutes, get used to using gels, electrolytes, or snacks.



**Use carb-loading strategically:** Before races, top up your glycogen stores—but don't overdo it.



**Use recovery drinks:** Protein shakes or chocolate milk right after your run support muscle repair and recovery.

### Mindset



**Use mental training:** Visualization during tough workouts can help you stay focused on race day.



**Develop a race strategy:** Don't start too fast—pace yourself smartly (e.g., use negative splits).



**Take recovery seriously:** Plan for sleep, massages, and rest days to get stronger in the long run.



Don't forget to sign up and



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