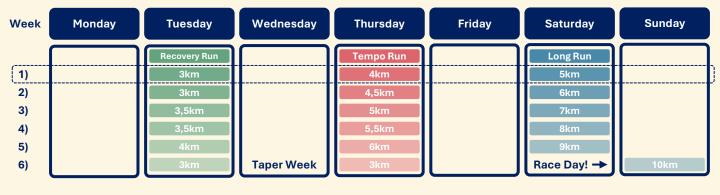
Focus Water - Run The World

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St. Gallen 11. Mai 2025

6 Weeks - 10km Training Plan - Beginner



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.

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

