

WEEK 1

MONDAY

➤ **Rest day, no running :)**

TUESDAY

➤ **Easy run/Recovery run**

Workout: 20min, zone 1

➤ **What is the goal of this workout?**

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- Improve your aerobic shape
- Prevent injury and training overload: During the first week(s), the trainings are still short, in order to prevent any overload at the start which can lead to injuries. So keep your pace very easy !

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Strength program

WEDNESDAY

- **Rest day, no running :)**

THURSDAY

- **Easy run/Recovery run**

Workout: 25min easy run, zone 1

- **What is the goal of this workout?**

1. Improve your aerobic shape
2. Prevent injury and training overload: During the first week(s), the trainings are still short, in order to prevent any overload at the start which can lead to injuries. So keep your pace very easy !

FRIDAY

- **Rest day, no running :)**

SATURDAY

► **Sub-threshold**

Warm up: 15min zone 1

Workout: 4x8min zone 2, with 1min rest in between

Cool down: 10min zone 1

► **What is the goal of this workout?**

1. Improve your aerobic shape: 'zone 2' workouts improve your aerobic shape even more compared to 'zone 1' training.
2. Get ready for 'zone 3' training next week: It is still too early for 'zone 3' training, but 'zone 2' training will prepare your body for a more intense effort next week.

► **Guidelines**

Don't push too hard! Zone 2 should still feel comfortable. This is a pace you should be able to sustain even longer than the marathon distance. A good way to judge whether you are not running too fast is that you should still be able to talk while running. Running too fast this early in your build-up is likely to lead to injuries later on.

Strength program

SUNDAY

► **Alternative workout**

Workout: 1h biking or 45min elliptical trainer

► **What is the goal of this workout?**

1. Improve your aerobic shape
2. Reduce impact: With every ground contact during running, your legs experience a shock equal to 2.5 times your body weight. The accumulation of all your steps during running thus results in a considerable load. Therefore, substituting running for cycling or a cross-trainer from time to time will allow your leg muscles, tendons and bones to recover more as these forms of repetitive movement produce no impact.