

Your Personalized Running Plan

Hours per week

2.7

aka 21.5km/wk



Rest Days per week

0.0



Style

POL



Progression

BUILD

From 2.1hrs to 3.1hrs



Longest Weekday Run

34m

limited to 45m



Longest Weekend Run

40m



Estimated Power

164

Estimated w/g: 2.8



Your 5k event pace

10kph

06 mins 00 secs



Interval Sessions

20



Long Sessions

16



Tempo Sessions

14



Misc Sessions

122



Science of Training (Comparison of Training Styles)

Overview of optimal training hours and workouts based stratified by training style

WEEK#1 You chose : POLARIZED

		<i>Most Popular</i>	<i>Personalized</i>	<i>like TrainerRoad</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
		↓							
WEEK#1		POL	CUSTOM	SW/THR	HIT	BASE	PYR		WEEK#1
MONDAY	TID	Tempo run (z3/z4)	Tempo run (z3/z4)	Tempo run (z3/z4)	Sprint Interval (z6)	Tempo run (z3/z4)	Tempo run (z3/z4)		MONDAY
		14mins	17mins	20mins	14mins	10mins	17mins	...session	
TUESDAY	TID	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)		TUESDAY
		21mins	22mins	19mins	24mins	20mins	21mins	...session	
WEDNESDAY	TID	Sprint Interval (z6)	Threshold (z4)	Tempo run (z3/z4)	Tempo run (z3/z4)	Mixed/Hill (z2-5)	Tempo run (z3/z4)		WEDNESDAY
		14mins	19mins	20mins	13mins	25mins	17mins	...session	
THURSDAY	TID	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)		THURSDAY
		25mins	26mins	23mins	29mins	24mins	25mins	...session	
FRIDAY	TID	Medium run (z3)	Tempo run (z3/z4)	Medium run (z3)	Sprint Interval (z6)	Medium run (z3)	Mixed/Hill (z2-5)		FRIDAY
		27mins	15mins	24mins	12mins	25mins	22mins	...session	
SATURDAY	TID	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)		SATURDAY
		30mins	31mins	28mins	35mins	29mins	30mins	...session	
SUNDAY	TID	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)		SUNDAY
		34mins	36mins	32mins	40mins	33mins	34mins	...session	
TOTAL		2.70	2.70	2.70	2.70	2.70	2.70	Time (hrs)	TOTAL
TSS		162.2	166.6	163.2	171.7	150.6	164.6		

WEEK#2

		<i>Most Popular</i>	<i>Personalized</i>	<i>like TrainerRoad</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
		↑							
WEEK#2		POL	CUSTOM	SW/THR	HIT	BASE	PYR		WEEK#2
MONDAY	TID	Tempo run (z3/z4)	Sprint Interval (z6)	Tempo run (z3/z4)	Sprint Interval (z6)	Sprint Interval (z6)	Tempo run (z3/z4)		MONDAY
		14mins	10mins	19mins	12mins	7mins	16mins	...session	
TUESDAY	TID	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)		TUESDAY
		27mins	26mins	24mins	30mins	20mins	25mins	...session	
WEDNESDAY	TID	Sprint Interval (z6)	Sprint Interval (z6)	Tempo run (z3/z4)	Sprint Interval (z6)	Medium run (z3)	Tempo run (z3/z4)		WEDNESDAY
		7mins	10mins	18mins	12mins	28mins	15mins	...session	
THURSDAY	TID	Medium run (z3)	Medium run (z3)	Medium run (z3)	Sprint Interval (z6)	Medium run (z3)	Medium run (z3)		THURSDAY
		31mins	30mins	28mins	10mins	23mins	28mins	...session	
FRIDAY	TID	Sprint Interval (z6)	Sprint Interval (z6)	Sprint Interval (z6)	Sprint Interval (z6)	Medium run (z3)	Sprint Interval (z6)		FRIDAY
		7mins	10mins	5mins	12mins	28mins	7mins	...session	
SATURDAY	TID	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)		SATURDAY
		38mins	37mins	34mins	42mins	28mins	35mins	...session	
SUNDAY	TID	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)		SUNDAY
		43mins	42mins	39mins	48mins	32mins	40mins	...session	
TOTAL		2.73	2.73	2.73	2.73	2.72	2.73	Time (hrs)	TOTAL
TSS		163.1	171.1	168.4	186.4	147.7	166.8		

WEEK#3

		<i>Most Popular</i>	<i>Personalized</i>	<i>like TrainerRoad</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
		↑							
WEEK#3		POL	CUSTOM	SW/THR	HIT	BASE	PYR		WEEK#3
MONDAY	TID	Tempo run (z3/z4)	Tempo run (z3/z4)	Tempo run (z3/z4)	Sprint Interval (z6)	Tempo run (z3/z4)	Tempo run (z3/z4)		MONDAY
		14mins	17mins	19mins	13mins	9mins	17mins	...session	
TUESDAY	TID	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)		TUESDAY
		21mins	22mins	20mins	25mins	20mins	21mins	...session	
WEDNESDAY	TID	Sprint Interval (z6)	Threshold (z4)	Tempo run (z3/z4)	Tempo run (z3/z4)	Mixed/Hill (z2-5)	Tempo run (z3/z4)		WEDNESDAY
		14mins	18mins	19mins	12mins	24mins	17mins	...session	
THURSDAY	TID	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)	Medium run (z3)		THURSDAY
		24mins	25mins	22mins	28mins	23mins	24mins	...session	
FRIDAY	TID	Medium run (z3)	Tempo run (z3/z4)	Medium run (z3)	Sprint Interval (z6)	Medium run (z3)	Mixed/Hill (z2-5)		FRIDAY
		30mins	17mins	28mins	13mins	29mins	25mins	...session	
SATURDAY	TID	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)		SATURDAY
		31mins	33mins	29mins	37mins	30mins	31mins	...session	
SUNDAY	TID	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)	Long run (z2/z3)		SUNDAY
		34mins	36mins	32mins	40mins	33mins	34mins	...session	
TOTAL		2.75	2.75	2.74	2.75	2.74	2.75	Time (hrs)	TOTAL
TSS		163.7	169.8	164.8	175.9	152.6	166.9		

WEEK#4

		<i>Most Popular</i>	<i>Personalized</i>	<i>like TrainerRoad</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
		<i>↓</i>							
WEEK#4		POL	CUSTOM	SW/THR	HIT	BASE	PYR		WEEK#4
MONDAY	TID	Tempo run (z3/z4) 14mins	Sprint Interval (z6) 10mins	Tempo run (z3/z4) 19mins	Sprint Interval (z6) 12mins	Sprint Interval (z6) 7mins	Tempo run (z3/z4) 16mins	...session	MONDAY
TUESDAY	TID	Medium run (z3) 27mins	Medium run (z3) 26mins	Medium run (z3) 24mins	Medium run (z3) 30mins	Medium run (z3) 20mins	Medium run (z3) 25mins	...session	TUESDAY
WEDNESDAY	TID	Sprint Interval (z6) 7mins	Sprint Interval (z6) 10mins	Tempo run (z3/z4) 19mins	Sprint Interval (z6) 12mins	Medium run (z3) 28mins	Tempo run (z3/z4) 16mins	...session	WEDNESDAY
THURSDAY	TID	Medium run (z3) 31mins	Medium run (z3) 30mins	Medium run (z3) 28mins	Sprint Interval (z6) 10mins	Medium run (z3) 23mins	Medium run (z3) 28mins	...session	THURSDAY
FRIDAY	TID	Sprint Interval (z6) 7mins	Sprint Interval (z6) 10mins	Sprint Interval (z6) 5mins	Sprint Interval (z6) 12mins	Medium run (z3) 28mins	Sprint Interval (z6) 7mins	...session	FRIDAY
SATURDAY	TID	Long run (z2/z3) 39mins	Long run (z2/z3) 38mins	Long run (z2/z3) 34mins	Long run (z2/z3) 43mins	Long run (z2/z3) 29mins	Long run (z2/z3) 35mins	...session	SATURDAY
SUNDAY	TID	Long run (z2/z3) 42mins	Long run (z2/z3) 42mins	Long run (z2/z3) 38mins	Long run (z2/z3) 47mins	Long run (z2/z3) 31mins	Long run (z2/z3) 39mins	...session	SUNDAY
	TOTAL	2.72	2.72	2.72	2.72	2.71	2.72	Time (hrs)	TOTAL
	TSS	162.5	170.5	168.2	185.7	147.3	166.4		

WEEK#5

		<i>Most Popular</i>	<i>Personalized</i>	<i>like TrainerRoad</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
		<i>↓</i>							
WEEK#1		POL	CUSTOM	SW/THR	HIT	BASE	PYR		WEEK#1
MONDAY	TID	Tempo run (z3/z4) 15mins	Tempo run (z3/z4) 18mins	Tempo run (z3/z4) 20mins	Sprint Interval (z6) 14mins	Tempo run (z3/z4) 10mins	Tempo run (z3/z4) 18mins	...session	MONDAY
TUESDAY	TID	Medium run (z3) 22mins	Medium run (z3) 23mins	Medium run (z3) 20mins	Medium run (z3) 25mins	Medium run (z3) 21mins	Medium run (z3) 22mins	...session	TUESDAY
WEDNESDAY	TID	Sprint Interval (z6) 15mins	Threshold (z4) 19mins	Tempo run (z3/z4) 20mins	Tempo run (z3/z4) 13mins	Mixed/Hill (z2-5) 26mins	Tempo run (z3/z4) 18mins	...session	WEDNESDAY
THURSDAY	TID	Medium run (z3) 26mins	Medium run (z3) 27mins	Medium run (z3) 24mins	Medium run (z3) 30mins	Medium run (z3) 25mins	Medium run (z3) 26mins	...session	THURSDAY
FRIDAY	TID	Medium run (z3) 27mins	Tempo run (z3/z4) 15mins	Medium run (z3) 25mins	Sprint Interval (z6) 12mins	Medium run (z3) 26mins	Mixed/Hill (z2-5) 23mins	...session	FRIDAY
SATURDAY	TID	Long run (z2/z3) 31mins	Long run (z2/z3) 32mins	Long run (z2/z3) 29mins	Long run (z2/z3) 36mins	Long run (z2/z3) 30mins	Long run (z2/z3) 31mins	...session	SATURDAY
SUNDAY	TID	Long run (z2/z3) 36mins	Long run (z2/z3) 37mins	Long run (z2/z3) 33mins	Long run (z2/z3) 41mins	Long run (z2/z3) 34mins	Long run (z2/z3) 35mins	...session	SUNDAY
	TOTAL	2.80	2.80	2.80	2.80	2.80	2.80	Time (hrs)	TOTAL
	TSS	163.4	167.8	164.2	173.1	151.4	165.7		

WEEK#6

		<i>Most Popular</i>	<i>Personalized</i>	<i>like TrainerRoad</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
		<i>↓</i>							
WEEK#2		POL	CUSTOM	SW/THR	HIT	BASE	PYR		WEEK#2
MONDAY	TID	Tempo run (z3/z4) 15mins	Sprint Interval (z6) 11mins	Tempo run (z3/z4) 20mins	Sprint Interval (z6) 13mins	Sprint Interval (z6) 8mins	Tempo run (z3/z4) 17mins	...session	MONDAY
TUESDAY	TID	Medium run (z3) 29mins	Medium run (z3) 28mins	Medium run (z3) 26mins	Medium run (z3) 32mins	Medium run (z3) 21mins	Medium run (z3) 26mins	...session	TUESDAY
WEDNESDAY	TID	Sprint Interval (z6) 7mins	Sprint Interval (z6) 11mins	Tempo run (z3/z4) 20mins	Sprint Interval (z6) 13mins	Medium run (z3) 29mins	Tempo run (z3/z4) 16mins	...session	WEDNESDAY
THURSDAY	TID	Medium run (z3) 33mins	Medium run (z3) 32mins	Medium run (z3) 29mins	Sprint Interval (z6) 10mins	Medium run (z3) 24mins	Medium run (z3) 30mins	...session	THURSDAY
FRIDAY	TID	Sprint Interval (z6) 8mins	Sprint Interval (z6) 11mins	Sprint Interval (z6) 6mins	Sprint Interval (z6) 13mins	Medium run (z3) 30mins	Sprint Interval (z6) 8mins	...session	FRIDAY
SATURDAY	TID	Long run (z2/z3) 39mins	Long run (z2/z3) 39mins	Long run (z2/z3) 35mins	Long run (z2/z3) 44mins	Long run (z2/z3) 29mins	Long run (z2/z3) 36mins	...session	SATURDAY
SUNDAY	TID	Long run (z2/z3) 45mins	Long run (z2/z3) 44mins	Long run (z2/z3) 40mins	Long run (z2/z3) 50mins	Long run (z2/z3) 33mins	Long run (z2/z3) 41mins	...session	SUNDAY
	TOTAL	2.86	2.86	2.86	2.86	2.86	2.86	Time (hrs)	TOTAL
	TSS	170.9	179.3	176.7	195.1	155.2	174.9		

Adaptive Running Training Plan (& Cheat Sheet)

BEST PACE:
best/midst/late run slower to fast

5k **30** **0**

IN TIME OF?

08:00

08:00

08:00

STYLE:
enabling style

POL

HOURS/WK
weekly hours

2.7

DAY.MAX.MIN

45

max run time on weekdays

aka 22.5km/wk

aka 32 mins/day

Zone# (Scale)	TID	TIS	TIZ
Zone1	70%	113mins	137mins
Zone2	11%	18mins	12mins
Zone3	19%	31mins	12mins

enabling and disabling from enabling and disabling from enabling and disabling from

percentage of (% per workout) (adjusted min per
exercise at each of 22 at each of 22 22 plus week of 22 22
at intervals) intervals) intervals)

	WEEK#1	WEEK#2	WEEK#3	WEEK#4	WEEK#5	WEEK#6	CONSOIDATE	
<input checked="" type="checkbox"/> MONDAY	Sprint Interval (J6) 3km in 16mins Medium run (J3) 4km in 30mins Day Off	Tempo run (J3/J4) 4km in 25mins Medium run (J3) 5km in 35mins Day Off	Sprint Interval (J6) 3km in 16mins Medium run (J3) 4km in 30mins Day Off	Tempo run (J3/J4) 4km in 25mins Medium run (J3) 5km in 35mins Day Off	Sprint Interval (J6) 3km in 17mins Medium run (J3) 5km in 32mins Day Off	Tempo run (J3/J4) 4km in 27mins Medium run (J3) 6km in 39mins Day Off	Sprint Interval (J6) 2.5km in 13mins Day Off	<i>OPTIONAL</i>
<input checked="" type="checkbox"/> TUESDAY	Medium run (J3) 4km in 30mins Day Off	Medium run (J3) 5km in 35mins Day Off	Medium run (J3) 4km in 30mins Day Off	Medium run (J3) 5km in 35mins Day Off	Medium run (J3) 5km in 32mins Day Off	Medium run (J3) 6km in 39mins Day Off	5 x 0.5km 05 mins 45 secs 2.5km in 13mins	MONDAY
<input type="checkbox"/> WEDNESDAY	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	TUESDAY
<input checked="" type="checkbox"/> THURSDAY	Medium run (J3) 5km in 35mins Day Off	Medium run (J3) 6km in 41mins Day Off	Medium run (J3) 5km in 35mins Day Off	Medium run (J3) 6km in 40mins Day Off	Medium run (J3) 5km in 38mins Day Off	Medium run (J3) 6km in 44mins Day Off	Day Off	WEDNESDAY
<input checked="" type="checkbox"/> FRIDAY	Medium run (J3) 5km in 35mins Day Off	Sprint Interval (J6) 5 x 0.5km 05 mins 36 secs 2.5km in 14mins Long run (J2/J3) 7km in 51mins Day Off	Medium run (J3) 5 x 0.5km 05 mins 36 secs 2.5km in 14mins Day Off	Sprint Interval (J6) 5 x 0.5km 05 mins 36 secs 2.5km in 14mins Day Off	Medium run (J3) 5km in 38mins Day Off	Medium run (J3) 6km in 44mins Day Off	Medium run (J3) 6km in 44mins Day Off	THURSDAY
<input checked="" type="checkbox"/> SATURDAY	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	FRIDAY
<input type="checkbox"/> SUNDAY	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	SATURDAY
	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	SUNDAY
	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	
	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	
hrs	2.00	2.78	2.05	2.75	2.12	2.97	0.78	<= TOTALS
km	17k	24.5k	18k	24.5k	19k	26k	7.5k	
	→ Gold	→ Gold	→ Gold	→ Gold	→ Gold	→ Gold	→ Consolidate	

--- Pace vs Training Zones ---

Here are the classic training zones showing watts and pace

YOUR FTP	164.0
KG	59.0
W/KG	2.8

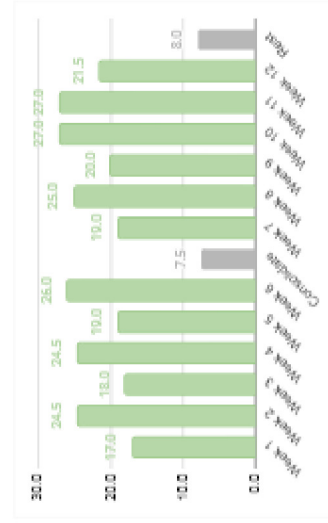
Zones

Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
55%	65%	80%	88%-93%	120%	150%
07 mins 34 secs	07 mins 12 secs	06 mins 02 secs	06 mins 22 secs	06 mins 06 secs	05 mins 13 secs
92.0 watts	125.0 watts	149.0 watts	174.0 watts	198.0 watts	248.0 watts
Recovery	Endurance	Tempo	Threshold	VO2max	Anaerobic

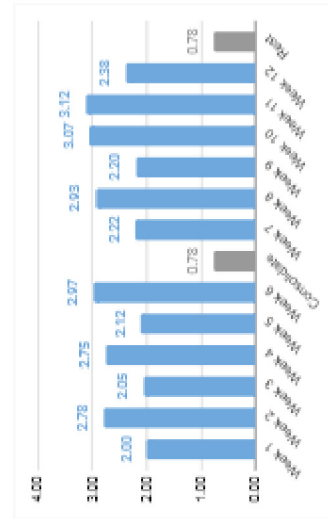
Adaptive Running Training Plan (weeks 7-12)

	WEEK#7	WEEK#8	WEEK#9	WEEK#10	WEEK#11	WEEK#12	R EST WEEK	& REPEAT
<input checked="" type="checkbox"/>	MONDAY Sprint Interval (06) 30m in 17mins Medium run (03) 50m in 33mins Medium run (03) 50m in 33mins Day Off	WEEK#8 Tempo run (03/04) 3 x 1km 05 mins 40 secs 40m in 25mins Medium run (03) 50m in 33mins Day Off	WEEK#9 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#10 Tempo run (03/04) 3 x 1km 06 mins 00 secs 40m in 28mins Medium run (03) 50m in 40mins Day Off	WEEK#11 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#12 Tempo run (03/04) 3 x 1km 06 mins 00 secs 30m in 21mins Medium run (03) 50m in 31mins Day Off	R EST WEEK @PTONAK Sprint Interval (06) 30m in 14mins Day Off	& REPEAT
<input checked="" type="checkbox"/>	TUESDAY Medium run (03) 50m in 33mins Sprint Interval (06) 30m in 17mins Medium run (03) 50m in 33mins Day Off	WEEK#8 Tempo run (03/04) 3 x 1km 06 mins 30 secs 40m in 26mins Medium run (03) 50m in 36 secs Day Off	WEEK#9 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#10 Tempo run (03/04) 3 x 1km 06 mins 00 secs 40m in 28mins Medium run (03) 50m in 40mins Day Off	WEEK#11 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#12 Tempo run (03/04) 3 x 1km 06 mins 00 secs 30m in 21mins Medium run (03) 50m in 31mins Day Off	R EST WEEK @PTONAK Sprint Interval (06) 30m in 14mins Day Off	MONDAY 3 x 1km 04 mins 40 secs
<input type="checkbox"/>	WEDNESDAY Day Off	WEEK#8 Tempo run (03/04) 3 x 1km 06 mins 30 secs 40m in 26mins Medium run (03) 50m in 36 secs Day Off	WEEK#9 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#10 Tempo run (03/04) 3 x 1km 06 mins 00 secs 40m in 28mins Medium run (03) 50m in 40mins Day Off	WEEK#11 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#12 Tempo run (03/04) 3 x 1km 06 mins 00 secs 30m in 21mins Medium run (03) 50m in 31mins Day Off	R EST WEEK @PTONAK Sprint Interval (06) 30m in 14mins Day Off	TUESDAY Day Off
<input checked="" type="checkbox"/>	THURSDAY Medium run (03) 50m in 33mins Sprint Interval (06) 30m in 17mins Medium run (03) 50m in 33mins Day Off	WEEK#8 Tempo run (03/04) 3 x 1km 06 mins 30 secs 40m in 26mins Medium run (03) 50m in 36 secs Day Off	WEEK#9 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#10 Tempo run (03/04) 3 x 1km 06 mins 00 secs 40m in 28mins Medium run (03) 50m in 40mins Day Off	WEEK#11 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#12 Tempo run (03/04) 3 x 1km 06 mins 00 secs 30m in 21mins Medium run (03) 50m in 31mins Day Off	R EST WEEK @PTONAK Sprint Interval (06) 30m in 14mins Day Off	THURSDAY Day Off
<input checked="" type="checkbox"/>	FRIDAY Medium run (03) 50m in 33mins Sprint Interval (06) 30m in 17mins Medium run (03) 50m in 33mins Day Off	WEEK#8 Tempo run (03/04) 3 x 1km 06 mins 30 secs 40m in 26mins Medium run (03) 50m in 36 secs Day Off	WEEK#9 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#10 Tempo run (03/04) 3 x 1km 06 mins 00 secs 40m in 28mins Medium run (03) 50m in 40mins Day Off	WEEK#11 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#12 Tempo run (03/04) 3 x 1km 06 mins 00 secs 30m in 21mins Medium run (03) 50m in 31mins Day Off	R EST WEEK @PTONAK Sprint Interval (06) 30m in 14mins Day Off	FRIDAY Medium run (03) 50m in 33mins Sprint Interval (06) 30m in 17mins Medium run (03) 50m in 33mins Day Off
<input checked="" type="checkbox"/>	SATURDAY Day Off	WEEK#8 Tempo run (03/04) 3 x 1km 06 mins 30 secs 40m in 26mins Medium run (03) 50m in 36 secs Day Off	WEEK#9 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#10 Tempo run (03/04) 3 x 1km 06 mins 00 secs 40m in 28mins Medium run (03) 50m in 40mins Day Off	WEEK#11 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#12 Tempo run (03/04) 3 x 1km 06 mins 00 secs 30m in 21mins Medium run (03) 50m in 31mins Day Off	R EST WEEK @PTONAK Sprint Interval (06) 30m in 14mins Day Off	SATURDAY Day Off
<input type="checkbox"/>	SUNDAY Day Off	WEEK#8 Tempo run (03/04) 3 x 1km 06 mins 30 secs 40m in 26mins Medium run (03) 50m in 36 secs Day Off	WEEK#9 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#10 Tempo run (03/04) 3 x 1km 06 mins 00 secs 40m in 28mins Medium run (03) 50m in 40mins Day Off	WEEK#11 Sprint Interval (06) 30m in 18mins Medium run (03) 50m in 33mins Day Off	WEEK#12 Tempo run (03/04) 3 x 1km 06 mins 00 secs 30m in 21mins Medium run (03) 50m in 31mins Day Off	R EST WEEK @PTONAK Sprint Interval (06) 30m in 14mins Day Off	SUNDAY Day Off
	TOTALS	2.22 19% > Goal's	2.93 25% > Goal's	3.07 27% > Goal's	3.12 27% > Goal's	2.38 21.5% > Current data	0.78 8% Rest	<= TOTALS

Weekly Distance



Weekly Hours



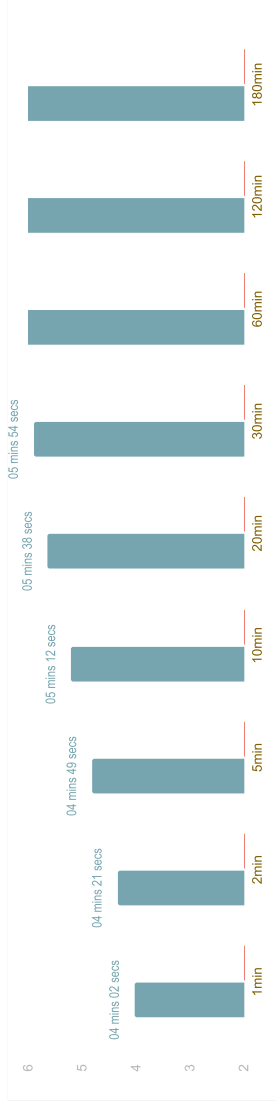
Your Running Pace 🏃

Your speed at mid-point of each zone

Quick Sheet

	mins per mile	mph	mins per km	kph
Your 5k event pace	09 mins 39 secs	6.21	06 mins 00 secs	10.00
FTP/Lactate Threshold	10 mins 14 secs	5.86	06 mins 22 secs	9.43
Tempo run (z3)	10 mins 34 secs	5.67	06 mins 34 secs	9.13
Long run (z2/z3)	11 mins 35 secs	5.18	07 mins 12 secs	8.34
Threshold run (z4)	10 mins 14 secs	5.86	06 mins 22 secs	9.43
Sprint Interval (z5/6)	08 mins 24 secs	7.15	05 mins 13 secs	11.51
VO2 Interval (z5)	09 mins 49 secs	6.11	06 mins 06 secs	9.83
Mixed terrain (z2-z5)	11 mins 19 secs	5.30	07 mins 02 secs	8.53
Recovery (z1/z2)	12 mins 10 secs	4.93	07 mins 34 secs	7.94

Running Pace Chart



Session Description

Endurance 🏃 A longer, steady run designed to improve aerobic power and long distance ability

Tempo 🏃 A near threshold run designed to improve all-round ability

Sprint (HIT) Interval 🏃 alternating sprints with 2mins rest eg 0.5k x 3 @3mins each (total of 13min=9m+4m rest)

VO2max Interval 🏃 is an anaerobic sub-sprint 4mins on & 4mins off

Mixed run 🏃 mixed terrain or hill run across all zones to enhance repeatability

Recovery run 🏃 An easy one to aid recuperation and fatigue at low intensity

How does this work (Science bit)

This spreadsheet takes the users best pace as a starting point.

It looks at available hours and works out the optimal training plan based on Selyer's Zones and your power curve.

It gives runners a choice of training styles (eg polarised 80:20, endurance or HIIT) which how hard each session.

It also advises on rest days which are import for recovery

Lastly, it uses either a gradual build or maintenance model to periodize training

From this, it works out the exact times needed each session.

RunPLAN Training: Daily Cheat Sheet

Structured training using FastFitness Science



WEEK1		
02-Jan-23	Monday	Sprint Interval (z6)
Pace	05 mins 09 secs	Equivalent to a 5k time of 25.7
Train for (mins)	3.5km in 18mins	Time to make a start; and let's kick off with a Sprint Interval (z6)
Session	Sprint Intervals	...after a short warm up, run 3.5km in 18mins at Sprint Intervals
Zone	z6	
03-Jan-23	Tuesday	Medium run (z3)
Pace	06 mins 48 secs	Equivalent to a 5k time of 33.3
Train for (mins)	5km in 34mins	Good start, now get ready for a Medium run (z3)
Session	Mid Tempo	...after a short warm up, run 5km in 34mins at Mid Tempo
Zone	z3	
04-Jan-23	Wednesday	Day Off
Pace		
Train for (mins)	0km in 0mins	
Session	Rest	
Zone		
05-Jan-23	Thursday	Medium run (z3)
Pace	06 mins 40 secs	
Train for (mins)	6km in 40mins	After yesterday's rest session, my plan for today is a Medium run (z3)
Session	Mid Tempo	...after a short warm up, run 6km in 40mins at Mid Tempo
Zone	z3	
06-Jan-23	Friday	Medium run (z3)
Pace	07 mins 00 secs	
Train for (mins)	6km in 42mins	After yesterday's mid tempo session, are you up for a Medium run (z3) ?
Session	Mid Tempo	...after a short warm up, run 6km in 42mins at Mid Tempo
Zone	z3	
07-Jan-23	Saturday	Day Off
Pace		
Train for (mins)	0km in 48mins	Day Off today ie recovery
Session	Rest	
Zone		
08-Jan-23	Sunday	Day Off
Pace		
Train for (mins)	0km in 0mins	Recover today
Session	Rest	
Zone		
WEEK2		
09-Jan-23	Monday	Tempo run (z3/z4)
Pace	05 mins 36 secs	
Train for (mins)	5km in 28mins	It's Monday, maybe we should start the week with a Tempo run (z3/z4) ?
Session	High Tempo	...after a short warm up, run 5km in 28mins at High Tempo
Zone	z3/z4	
10-Jan-23	Tuesday	Medium run (z3)
Pace	06 mins 40 secs	
Train for (mins)	6km in 40mins	After yesterday's high tempo session, are you up for a Medium run (z3) ?
Session	Mid Tempo	...after a short warm up, run 6km in 40mins at Mid Tempo
Zone	z3	
11-Jan-23	Wednesday	Day Off
Pace		
Train for (mins)	0km in 0mins	Mid-week already! I am going to suggest a Day Off
Session	Rest	
Zone		
12-Jan-23	Thursday	Medium run (z3)
Pace	07 mins 30 secs	
Train for (mins)	6km in 45mins	After yesterday's rest session, my plan for today is a Medium run (z3)
Session	Mid Tempo	...after a short warm up, run 6km in 45mins at Mid Tempo
Zone	z3	
13-Jan-23	Friday	Sprint Interval (z6)
Pace	05 mins 00 secs	
Train for (mins)	3km in 15mins	After yesterday's mid tempo session, are you feeling like a Sprint Interval (z6) ?
Session	Sprint Intervals	...after a short warm up, run 3km in 15mins at Sprint Intervals
Zone	z6	
14-Jan-23	Saturday	Long run (z2/z3)
Pace	07 mins 08 secs	
Train for (mins)	8km in 57mins	It's the weekend, if you have the time, let's do a Long run (z2/z3)
Session	Easy pace	...after a short warm up, run 8km in 57mins at Easy pace
Zone	z2/z3	
15-Jan-23	Sunday	Day Off
Pace		
Train for (mins)	rest	
Session	Rest	
Zone		

RunPLAN Training: Daily Cheat Sheet

Structured training using FastFitness Science



WEEK3		
16-Jan-23	Monday	Sprint Interval (z6)
Pace	05 mins 40 secs	
Train for (mins)	3km in 17mins	<i>It's Monday, maybe we should start the week with a Sprint Interval (z6) ?</i>
Session	Sprint Intervals	<i>...after a short warm up, run 3km in 17mins at Sprint Intervals</i>
Zone	z6	
17-Jan-23	Tuesday	Medium run (z3)
Pace	06 mins 36 secs	
Train for (mins)	5km in 33mins	<i>After yesterday's sprint intervals session, are you feeling like a Medium run (z3) ?</i>
Session	Mid Tempo	<i>...after a short warm up, run 5km in 33mins at Mid Tempo</i>
Zone	z3	
18-Jan-23	Wednesday	Day Off
Pace		
Train for (mins)	0km in 0mins	<i>Mid-week already! I am going to suggest a Day Off</i>
Session	Rest	
Zone		
19-Jan-23	Thursday	Medium run (z3)
Pace	06 mins 20 secs	
Train for (mins)	6km in 38mins	<i>After yesterday's rest session, my plan for today is a Medium run (z3)</i>
Session	Mid Tempo	<i>...after a short warm up, run 6km in 38mins at Mid Tempo</i>
Zone	z3	
20-Jan-23	Friday	Medium run (z3)
Pace	07 mins 30 secs	
Train for (mins)	6km in 45mins	<i>After yesterday's mid tempo session, are you up for a Medium run (z3) ?</i>
Session	Mid Tempo	<i>after a short warm up, run 6km in 45mins at Mid Tempo</i>
Zone	z3	
21-Jan-23	Saturday	Day Off
Pace		
Train for (mins)	0km in 54mins	<i>After yesterday's mid tempo session, are you feeling like a Day Off ?</i>
Session	Rest	
Zone		
22-Jan-23	Sunday	Day Off
Pace		
Train for (mins)	0km in 0mins	<i>Recover today</i>
Session	Rest	
Zone		
WEEK4		
23-Jan-23	Monday	Tempo run (z3/z4)
Pace	06 mins 45 secs	
Train for (mins)	4km in 27mins	<i>It's Monday, maybe we should start the week with a Tempo run (z3/z4) ?</i>
Session	High Tempo	<i>...after a short warm up, run 4km in 27mins at High Tempo</i>
Zone	z3/z4	
24-Jan-23	Tuesday	Medium run (z3)
Pace	06 mins 30 secs	
Train for (mins)	6km in 39mins	<i>After yesterday's high tempo session, are you up for a Medium run (z3) ?</i>
Session	Mid Tempo	<i>...after a short warm up, run 6km in 39mins at Mid Tempo</i>
Zone	z3	
25-Jan-23	Wednesday	Day Off
Pace		
Train for (mins)	0km in 0mins	<i>Mid-week already! I am going to suggest a Day Off</i>
Session	Rest	
Zone		
26-Jan-23	Thursday	Medium run (z3)
Pace	07 mins 30 secs	
Train for (mins)	6km in 45mins	<i>After yesterday's rest session, my plan for today is a Medium run (z3)</i>
Session	Mid Tempo	<i>...after a short warm up, run 6km in 45mins at Mid Tempo</i>
Zone	z3	
27-Jan-23	Friday	Sprint Interval (z6)
Pace	05 mins 00 secs	
Train for (mins)	3km in 15mins	<i>After yesterday's mid tempo session, are you feeling like a Sprint Interval (z6) ?</i>
Session	Sprint Intervals	<i>...after a short warm up, run 3km in 15mins at Sprint Intervals</i>
Zone	z6	
28-Jan-23	Saturday	Long run (z2/z3)
Pace	07 mins 08 secs	
Train for (mins)	8km in 57mins	<i>It's the weekend, if you have the time, let's do a Long run (z2/z3)</i>
Session	Easy pace	<i>...after a short warm up, run 8km in 57mins at Easy pace</i>
Zone	z2/z3	
29-Jan-23	Sunday	Day Off
Pace		
Train for (mins)	rest	<i>Recover today</i>
Session	Rest	
Zone		

RunPLAN Training: Daily Cheat Sheet

Structured training using FastFitness Science



WEEK 5		
02-Jan-23	Monday	Sprint Interval (z6)
Pace	05 mins 26 secs	
Train for (mins)	3.5km in 19mins	Month two already! OK, let's kick off with a Sprint Interval (z6)
Session	Sprint Intervals	...after a short warm up, run 3.5km in 19mins at Sprint Intervals
Zone	z6	
Session	Tuesday	Medium run (z3)
Pace	07 mins 00 secs	
Train for (mins)	5km in 35mins	Good start, now get ready for a Medium run (z3)
Session	Mid Tempo	...after a short warm up, run 5km in 35mins at Mid Tempo
Zone	z3	
Session	Wednesday	Day Off
Pace		
Train for (mins)	0km in 0mins	Mid-week already! I am going to suggest a Day Off
Session	Rest	
Zone		
Session	Thursday	Medium run (z3)
Pace	07 mins 00 secs	
Train for (mins)	6km in 42mins	After yesterday's rest session, my plan for today is a Medium run (z3)
Session	Mid Tempo	...after a short warm up, run 6km in 42mins at Mid Tempo
Zone	z3	
Session	Friday	Medium run (z3)
Pace	07 mins 30 secs	
Train for (mins)	6km in 45mins	After yesterday's mid tempo session, are you up for a Medium run (z3) ?
Session	Mid Tempo	...after a short warm up, run 6km in 45mins at Mid Tempo
Zone	z3	
Session	Saturday	Day Off
Pace		
Train for (mins)	0km in 51 mins	It's the weekend, if you have the time, let's do a Day Off
Session	Rest	
Zone		
Session	Sunday	Day Off
Pace		
Train for (mins)	0km in 0mins	Recover today
Session	Rest	
Zone		
WEEK 6		
Session	Monday	Tempo run (z3/z4)
Pace	06 mins 00 secs	
Train for (mins)	5km in 30mins	It's Monday, maybe we should start the week with a Tempo run (z3/z4) ?
Session	High Tempo	...after a short warm up, run 5km in 30mins at High Tempo
Zone	z3/z4	
Session	Tuesday	Medium run (z3)
Pace	07 mins 10 secs	
Train for (mins)	6km in 43mins	After yesterday's high tempo session, are you up for a Medium run (z3) ?
Session	Mid Tempo	...after a short warm up, run 6km in 43mins at Mid Tempo
Zone	z3	
Session	Wednesday	Day Off
Pace		
Train for (mins)	0km in 0mins	Mid-week already! I am going to suggest a Day Off
Session	Rest	
Zone		
Session	Thursday	Medium run (z3)
Pace	07 mins 30 secs	
Train for (mins)	6km in 45mins	After yesterday's rest session, my plan for today is a Medium run (z3)
Session	Mid Tempo	...after a short warm up, run 6km in 45mins at Mid Tempo
Zone	z3	
Session	Friday	Sprint Interval (z6)
Pace	05 mins 20 secs	
Train for (mins)	3km in 16mins	After yesterday's mid tempo session, are you feeling like a Sprint Interval (z6) ?
Session	Sprint Intervals	...after a short warm up, run 3km in 16mins at Sprint Intervals
Zone	z6	
Session	Saturday	Long run (z2/z3)
Pace	06 mins 53 secs	
Train for (mins)	9km in 62mins	It's the weekend, if you have the time, let's do a Long run (z2/z3)
Session	Easy pace	...after a short warm up, run 9km in 62mins at Easy pace
Zone	z2/z3	
Session	Sunday	Day Off
Pace		
Train for (mins)	rest	Recover today
Session	Rest	
Zone		

RunPLAN Training: Daily Cheat Sheet

Structured training using FastFitness Science



WEEK7		
Session	Monday	Sprint Interval (z6)
Pace	06 mins 20 secs	
Train for (mins)	3km in 19mins	<i>It's Monday, maybe we should start the week with a Sprint Interval (z6) ?</i>
Session	Sprint Intervals	<i>...after a short warm up, run 3km in 19mins at Sprint Intervals</i>
Zone	z6	
Session	Tuesday	Medium run (z3)
Pace	07 mins 24 secs	
Train for (mins)	5km in 37mins	<i>After yesterday's sprint intervals session, are you feeling like a Medium run (z3) ?</i>
Session	Mid Tempo	<i>...after a short warm up, run 5km in 37mins at Mid Tempo</i>
Zone	z3	
Session	Wednesday	Medium run (z3)
Pace		
Train for (mins)	0km in 0mins	<i>Mid-week already! I am going to suggest a Medium run (z3)</i>
Session	Mid Tempo	<i>...after a short warm up, run 0km in 0mins at Mid Tempo</i>
Zone	z3	
Session	Thursday	Medium run (z3)
Pace	07 mins 00 secs	
Train for (mins)	6km in 42mins	<i>After yesterday's mid tempo session, my plan for today is a Medium run (z3)</i>
Session	Mid Tempo	<i>...after a short warm up, run 6km in 42mins at Mid Tempo</i>
Zone	z3	
Session	Friday	Medium run (z3)
Pace	07 mins 30 secs	
Train for (mins)	6km in 45mins	<i>After yesterday's mid tempo session, are you up for a Medium run (z3) ?</i>
Session	Mid Tempo	<i>after a short warm up, run 6km in 45mins at Mid Tempo</i>
Zone	z3	
Session	Saturday	Day Off
Pace		
Train for (mins)	0km in 58mins	<i>After yesterday's mid tempo session, are you feeling like a Day Off ?</i>
Session	Rest	
Zone		
Session	Sunday	Day Off
Pace		
Train for (mins)	0km in 0mins	<i>Recover today</i>
Session	Rest	
Zone		
WEEK8		
Session	Monday	Tempo run (z3/z4)
Pace	05 mins 48 secs	
Train for (mins)	5km in 29mins	<i>It's Monday, on week 8, Let's start with a Tempo run (z3/z4)</i>
Session	High Tempo	<i>...after a short warm up, run 5km in 29mins at High Tempo</i>
Zone	z3/z4	
Session	Tuesday	Medium run (z3)
Pace	07 mins 00 secs	
Train for (mins)	6km in 42mins	<i>After yesterday's high tempo session, are you up for a Medium run (z3) ?</i>
Session	Mid Tempo	<i>...after a short warm up, run 6km in 42mins at Mid Tempo</i>
Zone	z3	
Session	Wednesday	Day Off
Pace		
Train for (mins)	0km in 0mins	<i>Mid-week already! I am going to suggest a Day Off</i>
Session	Rest	
Zone		
Session	Thursday	Medium run (z3)
Pace	07 mins 30 secs	
Train for (mins)	6km in 45mins	<i>After yesterday's rest session, my plan for today is a Medium run (z3)</i>
Session	Mid Tempo	<i>...after a short warm up, run 6km in 45mins at Mid Tempo</i>
Zone	z3	
Session	Friday	Sprint Interval (z6)
Pace	05 mins 20 secs	
Train for (mins)	3km in 16mins	<i>After yesterday's mid tempo session, are you feeling like a Sprint Interval (z6) ?</i>
Session	Sprint Intervals	<i>...after a short warm up, run 3km in 16mins at Sprint Intervals</i>
Zone	z6	
Session	Saturday	Long run (z2/z3)
Pace	07 mins 07 secs	
Train for (mins)	9km in 64mins	<i>It's the weekend, if you have the time, let's do a Long run (z2/z3)</i>
Session	Easy pace	<i>...after a short warm up, run 9km in 64mins at Easy pace</i>
Zone	z2/z3	
Session	Sunday	Day Off
Pace		
Train for (mins)	0km in 0mins	<i>Recover today</i>
Session	Rest	
Zone		