

SLOW, LONG RUNS: a training plan

Warm-up

15 minutes of easy jogging

10 minutes of active stretching

Followed by three 80 to 100 meter acceleration runs

Gradually increase the tempo (from a very easy jog to a sprint).

This way you will prepare your body for the strain of the main workout.

Main workout

45 to 60 minutes of easy, continuous endurance run

Complete the entire endurance run at 75% of your maximum strength. If you are training in hilly or mountainous terrain, it will be difficult to keep the intensity steady.

Focus on the average intensity of the entire run.

Increase your run by 10 to 15 minutes every week.

Cool-down

1 minute of easy jogging

10 minutes of light stretching