Welcome to your Personal Running Plan

Our goal is for you to become the best runner that you can be. Therefore, it is important that you remember to train correctly to avoid overtraining and injuries! Below here is there outlined some rules for you to follow:

- While it can be fun to go for an extra run that is not scheduled in your plan. It is generally not a good idea to increase your weekly mileage by more than approximately 10% per week
- High intensity workouts as intervals and tempo runs should be no more than 20% of the weekly total of miles run.
- Recovery is the key to moving forward – so walk or slow running is highly necessary to get progress.
- You'll need a good aerobic base which you get by running many slow miles (aerobic is just that the energy-generating process uses oxygen).
- But you also need speedy workouts to increase the size of your running engine.
- Different training cycles for different goals!
- Know that workouts work regarding to what your main focus are: weightless, better fitness or smash a 10km PB.
- and of course what pace you should run your runs in?

*BUT DON'T WORRY! All this is implanted in your **Person Running Plan!***

It's very important that you are committed to the process, by following the program! Like the famous saying *"Rome wasn't built in one day"*, likewise, you will not be seeing big results straight away. BUT if you are committed, we at ShapeForm will guarantee you big results!

Tips and Tricks:

- We strongly recommend that you track your runs for two reasons. Firstly to track your progress and secondly to follow along while you run to see if you are holding the correct pace! You can do this with either a training watch (Garmin, Suntto etc.) but you can also use free tracker that you can download straight to your smartphone (we recommend: Endomondo or Nike Run Club)
- When you run your intervals, you can preferably start a new lap every time you start a new interval set. This makes it easier to see how far you still need to run, so you don't have to do any calculation in your head.
- Don't eat any big meals 2 hours before a run and remember to drink plenty of water throughout the day.

🏃 **Jog/Slow running**

🏃 **Interval run**

📅 **Off Day = no running**

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