

# 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 **Personal 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**











**SHAPEFORMOFFICIAL**











**SHAPEFORM**


WEEK 1

Mon Jan 04 2021				Tue Jan 05 2021				Wed Jan 06 2021				Thu Jan 07 2021				Fri Jan 08 2021				Sat Jan 09 2021				Sun Jan 10 2021			
Jog				Rest Day				Interval				Walk				Rest Day				Jog				Rest Day			
Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)					
Walk	200	Walk Normal						Warm up	1500	6:35		Walk	4000	Walk						Walk	200	Walk Normal					
Jog	1000	6:35						Walk	300	Walk										Jog	1000	6:35					
Walk	200	Walk Normal						Interval												Walk	200	Walk Normal					
Jog	1000	6:35							400	5:00										Jog	1000	6:35					
Walk	200	Walk Normal							200	6:35										Walk	200	Walk Normal					
Jog	1000	6:35																		Jog	1000	6:35					









WEEK 2

Mon Jan 11 2021				Tue Jan 12 2021				Wed Jan 13 2021				Thu Jan 14 2021				Fri Jan 15 2021				Sat Jan 16 2021				Sun Jan 17 2021			
Rest Day				Jog				Rest Day				Interval				Walk				Rest Day				Jog			
				Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)	
				Walk	200	Walk Normal						Warm up	1600	6:35		Walk	4000	Walk						Walk	200	Walk Normal	
				Jog	1100	6:35						Walk	300	Walk										Jog	1100	6:35	
				Walk	200	Walk Normal						Interval												Walk	200	Walk Normal	
				Jog	1100	6:35							400	5:00										Jog	1100	6:35	
				Walk	200	Walk Normal							200	6:35										Walk	200	Walk Normal	
				Jog	1100	6:35																		Jog	1100	6:35	

WEEK 3

Mon Jan 18 2021				Tue Jan 19 2021				Wed Jan 20 2021				Thu Jan 21 2021				Fri Jan 22 2021				Sat Jan 23 2021				Sun Jan 24 2021			
Interval				Walk				Rest Day				Jog				Rest Day				Jog				Rest Day			
Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)					
Warm up	1700	6:35		Walk	4000	Walk						Walk	200	Walk Normal						Walk	200	Walk Normal					
Walk	300	Walk										Jog	1100	6:35						Jog	1100	6:35					
Interval												Walk	200	Walk Normal						Walk	200	Walk Normal					
	500	5:00										Jog	1100	6:35						Jog	1100	6:35					
	200	6:35										Walk	200	Walk Normal						Walk	200	Walk Normal					
												Jog	1100	6:35						Jog	1100	6:35					









WEEK 4

Mon Jan 25 2021		Tue Jan 26 2021		Wed Jan 27 2021		Thu Jan 28 2021		Fri Jan 29 2021		Sat Jan 30 2021		Sun Jan 31 2021						
Rest Day		Jog		Rest Day		Interval			Walk			Rest Day		Jog				
		Description	Length (meter)	Pace (min/km)			Description	Length (meter)	Pace (min/km)				Description	Length (meter)	Pace (min/km)			
		Walk	200	Walk Normal			Warm up	1700	6:35				Walk	4000	Walk	Walk	200	Walk Normal
		Jog	1200	6:35			Walk	300	Walk				Jog	1200	6:35			
		Walk	200	Walk Normal			Interval						Walk	200	Walk Normal			
		Jog	1200	6:35				700	5:00				Jog	1200	6:35			
		Walk	200	Walk Normal				400	6:35				Walk	200	Walk Normal			
		Jog	1200	6:35									Jog	1200	6:35			









## WEEK 5

Mon Feb 01 2021				Tue Feb 02 2021				Wed Feb 03 2021				Thu Feb 04 2021				Fri Feb 05 2021				Sat Feb 06 2021				Sun Feb 07 2021			
Interval				Walk				Rest Day				Jog				Rest Day				Jog				Rest Day			
Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)					Description	Length (meter)	Pace (min/km)					Description	Length (meter)	Pace (min/km)							
Warm up	1600	6:35		Walk	4000	Walk																					
Walk	300	Walk																									
Interval																											
	600	5:00																									
	300	6:35																									
							Description				Length (meter)	Pace (min/km)		Description				Length (meter)	Pace (min/km)		Description				Length (meter)	Pace (min/km)	
							Walk				200	Walk Normal		Walk				200	Walk Normal		Walk				200	Walk Normal	
							Jog	1100	6:35		Jog	1100	6:35		Jog	1100	6:35										
							Walk	200	Walk Normal		Walk	200	Walk Normal		Walk	200	Walk Normal										
							Jog	1100	6:35		Jog	1100	6:35		Jog	1100	6:35										









## WEEK 6

Mon Feb 08 2021		Tue Feb 09 2021		Wed Feb 10 2021		Thu Feb 11 2021		Fri Feb 12 2021		Sat Feb 13 2021		Sun Feb 14 2021			
Rest Day		Jog		Rest Day		Interval			Walk			Rest Day		Jog	
		Description	Length (meter)	Pace (min/km)			Description	Length (meter)	Pace (min/km)	Description	Length (meter)	Pace (min/km)			
		Walk	200	Walk Normal			Warm up	1700	6:35	Walk	4000	Walk			
		Jog	1100	6:35			Walk	300	Walk						
		Interval													
			700	5:00											
			300	6:35											









## WEEK 7

Mon Feb 15 2021				Tue Feb 16 2021				Wed Feb 17 2021				Thu Feb 18 2021				Fri Feb 19 2021				Sat Feb 20 2021				Sun Feb 21 2021			
Jog				Rest Day				Interval				Walk				Rest Day				Jog				Rest Day			
Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)					
Walk	200	Walk Normal						Warm up	1700	6:35		Walk	4000	Walk						Walk	200	Walk Normal					
Jog	1200	6:35						Walk	300	Walk										Jog	1200	6:35					
Walk	200	Walk Normal						Interval												Walk	200	Walk Normal					
Jog	1200	6:35							700	5:00										Jog	1200	6:35					
Walk	200	Walk Normal							400	6:35										Walk	200	Walk Normal					
Jog	1200	6:35																		Jog	1200	6:35					









## WEEK 8

Mon Feb 22 2021				Tue Feb 23 2021				Wed Feb 24 2021				Thu Feb 25 2021				Fri Feb 26 2021				Sat Feb 27 2021				Sun Feb 28 2021			
Rest Day				Jog				Rest Day				Interval				Walk				Rest Day				Jog			
				Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)	
				Walk	200	Walk Normal						Warm up	1800	6:35		Walk	4000	Walk						Walk	200	Walk Normal	
				Jog	1300	6:35						Walk	300	Walk										Jog	1300	6:35	
				Walk	200	Walk Normal						Interval												Walk	200	Walk Normal	
				Jog	1300	6:35							600	5:00										Jog	1300	6:35	
				Walk	200	Walk Normal							300	6:35										Walk	200	Walk Normal	
				Jog	1300	6:35																		Jog	1300	6:35	









## WEEK 9

Mon Mar 01 2021				Tue Mar 02 2021				Wed Mar 03 2021				Thu Mar 04 2021				Fri Mar 05 2021				Sat Mar 06 2021				Sun Mar 07 2021			
Jog				Rest Day				Interval				Walk				Rest Day				Jog				Rest Day			
Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)					
Walk	200	Walk Normal						Warm up	1700	6:35		Walk	4000	Walk						Walk	200	Walk Normal					
Jog	1100	6:35						Walk	300	Walk										Jog	1100	6:35					
Walk	200	Walk Normal						Interval												Walk	200	Walk Normal					
Jog	1100	6:35							600	5:00										Jog	1100	6:35					
Walk	200	Walk Normal							300	6:35										Walk	200	Walk Normal					
Jog	1100	6:35																		Jog	1100	6:35					









## WEEK 10

Mon Mar 08 2021		Tue Mar 09 2021		Wed Mar 10 2021		Thu Mar 11 2021		Fri Mar 12 2021		Sat Mar 13 2021		Sun Mar 14 2021						
Rest Day		Jog		Rest Day		Interval			Walk			Rest Day		Jog				
		Description	Length (meter)	Pace (min/km)			Description	Length (meter)	Pace (min/km)				Description	Length (meter)	Pace (min/km)			
		Walk	200	Walk Normal			Warm up	1700	6:35				Walk	4000	Walk	Walk	200	Walk Normal
		Jog	1200	6:35			Walk	300	Walk				Jog	1200	6:35			
		Walk	200	Walk Normal			Interval						Walk	200	Walk Normal			
		Jog	1200	6:35				600	5:00				Jog	1200	6:35			
		Walk	200	Walk Normal				300	6:35				Walk	200	Walk Normal			
		Jog	1200	6:35									Jog	1200	6:35			

## WEEK 11









Mon Mar 15 2021				Tue Mar 16 2021			Wed Mar 17 2021				Thu Mar 18 2021				Fri Mar 19 2021			Sat Mar 20 2021				Sun Mar 21 2021		
Jog			Rest Day			Interval			Walk			Rest Day			Jog			Rest Day						
Description	Length (meter)	Pace (min/km)				Description	Length (meter)	Pace (min/km)	Description	Length (meter)	Pace (min/km)				Description	Length (meter)	Pace (min/km)							
Walk	200	Walk Normal				Warm up	1800	6:35	Walk	4000	Walk				Walk	200	Walk Normal							
Jog	1300	6:35				Walk	300	Walk	Jog	1300	6:35													
Walk	200	Walk Normal				Interval									Walk	200	Walk Normal							
Jog	1300	6:35					600	5:00	Jog	1300	6:35													
Walk	200	Walk Normal					300	6:35	Walk	200	Walk Normal													
Jog	1300	6:35							Jog	1300	6:35													

## WEEK 12









Mon Mar 22 2021		Tue Mar 23 2021		Wed Mar 24 2021		Thu Mar 25 2021		Fri Mar 26 2021		Sat Mar 27 2021		Sun Mar 28 2021					
Rest Day		Jog		Rest Day		Interval			Walk			Rest Day		Jog			
		Description	Length (meter)	Pace (min/km)			Description	Length (meter)	Pace (min/km)			Description	Length (meter)	Pace (min/km)			
		Walk	200	Walk Normal			Warm up	1800	6:35			Walk	4000	Walk	Walk	200	Walk Normal
		Jog	1500	6:35			Walk	300	Walk						Jog	1500	6:35
		Walk	200	Walk Normal			Interval								Walk	200	Walk Normal
		Jog	1500	6:35				500	5:00						Jog	1500	6:35
		Walk	200	Walk Normal				200	6:35						Walk	200	Walk Normal
		Jog	1500	6:35								Jog	1500	6:35			

## WEEK 13




Mon Mar 29 2021				Tue Mar 30 2021				Wed Mar 31 2021				Thu Apr 01 2021				Fri Apr 02 2021				Sat Apr 03 2021				Sun Apr 04 2021			
Jog				Rest Day				Jog				Rest Day				Interval				Walk				Rest Day			
Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)					
Walk	200	Walk Normal						Walk	200	Walk Normal						Warm up	1700	6:35		Walk	4000	Walk					
Jog	1200	6:35						Jog	1200	6:35						Walk	300	Walk									
Walk	200	Walk Normal						Walk	200	Walk Normal						Interval											
Jog	1200	6:35						Jog	1200	6:35							400	5:00									
Walk	200	Walk Normal						Walk	200	Walk Normal							200	6:35									
Jog	1200	6:35						Jog	1200	6:35																	









## WEEK 14

Mon Apr 05 2021				Tue Apr 06 2021				Wed Apr 07 2021				Thu Apr 08 2021				Fri Apr 09 2021				Sat Apr 10 2021				Sun Apr 11 2021			
Rest Day				Jog				Rest Day				Interval				Walk				Rest Day				Jog			
				Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)	
				Walk	200	Walk Normal						Warm up	1800	6:35		Walk	4000	Walk						Walk	200	Walk Normal	
				Jog	1300	6:35						Walk	300	Walk										Jog	1300	6:35	
				Walk	200	Walk Normal						Interval												Walk	200	Walk Normal	
				Jog	1300	6:35							500	5:00										Jog	1300	6:35	
				Walk	200	Walk Normal							200	6:35										Walk	200	Walk Normal	
				Jog	1300	6:35																		Jog	1300	6:35	

## WEEK 15

Mon Apr 12 2021				Tue Apr 13 2021				Wed Apr 14 2021				Thu Apr 15 2021				Fri Apr 16 2021				Sat Apr 17 2021				Sun Apr 18 2021			
Interval				Walk				Rest Day				Jog				Rest Day				Jog				Rest Day			
Description	Length (meter)	Pace (min/km)		Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)						Description	Length (meter)	Pace (min/km)					
Warm up	1800	6:35		Walk	4000	Walk						Walk	200	Walk Normal						Walk	200	Walk Normal					
Walk	300	Walk										Jog	1500	6:35						Jog	1500	6:35					
Interval												Walk	200	Walk Normal						Walk	200	Walk Normal					
	500	5:00										Jog	1500	6:35						Jog	1500	6:35					
	200	6:35										Walk	200	Walk Normal						Walk	200	Walk Normal					
												Jog	1500	6:35						Jog	1500	6:35					

## WEEK 16

Mon Apr 19 2021		Tue Apr 20 2021		Wed Apr 21 2021		Thu Apr 22 2021		Fri Apr 23 2021		Sat Apr 24 2021		Sun Apr 25 2021						
Rest Day		Jog		Rest Day		Interval			Walk			Rest Day		Jog				
		Description	Length (meter)	Pace (min/km)			Description	Length (meter)	Pace (min/km)				Description	Length (meter)	Pace (min/km)			
		Walk	300	Walk Normal			Warm up	1900	6:35				Walk	4000	Walk	Walk	300	Walk Normal
		Jog	1600	6:35			Walk	300	Walk				Jog	1600	6:35			
		Walk	300	Walk Normal			Interval						Walk	300	Walk Normal			
		Jog	1600	6:35				500	5:00				Jog	1600	6:35			
		Walk	300	Walk Normal				300	6:35				Walk	300	Walk Normal			
		Jog	1600	6:35									Jog	1600	6:35			