

Adaptive Running Training Plan (& Cheat Sheet)

Crashing the distribution One-in-a-million

One-in-one

Zones (Coggan)	Zones (Seiler)	TID	TIS	TIZ
Zone 1&2	Zone1	65%	195mins	236mins
Zone3&4	Zone2	25%	75mins	52mins
Zone5&6	Zone3	10%	30mins	12mins

(percentage of sessions - mins per session at each TID) intensity

(adjusted mins per plan each TID) intensity

03 m 43 secs

0

78

IN TIME OFF

21k

BEST PACE:
best possible run similar to even

120

DAY.MAX.MIN

5

HOURS/WK

PYR

STYLE:
training style

max run mins on weekdays

aka 75km/wk

	WEEK#1	WEEK#2	WEEK#3	WEEK#4	WEEK#5	WEEK#6	CONSOLIDATE	
MONDAY	Tempo run (23/24) 8.3km in 31mins @Pace/km 03 mins 44 secs	Tempo run (23/24) 7.8km in 29mins @Pace/km 03 mins 43 secs	Tempo run (23/24) 8.1km in 30mins @Pace/km 03 mins 42 secs	Tempo run (23/24) 7.8km in 29mins @Pace/km 03 mins 43 secs	Tempo run (23/24) 8.8km in 33mins @Pace/km 03 mins 45 secs	Tempo run (23/24) 8.1km in 30mins @Pace/km 03 mins 42 secs	Tempo run (23/24) 6.5km in 24mins @Pace/km 03 mins 42 secs	MONDAY
TUESDAY	Medium run (23) 8.9km in 38mins @Pace/km 04 mins 16 secs	Medium run (23) 10.7km in 46mins @Pace/km 04 mins 18 secs	Medium run (23) 8.9km in 38mins @Pace/km 04 mins 16 secs	Medium run (23) 10.7km in 46mins @Pace/km 04 mins 18 secs	Medium run (23) 9.1km in 39mins @Pace/km 04 mins 17 secs	Medium run (23) 11.1km in 48mins @Pace/km 04 mins 19 secs	Day Off	TUESDAY
WEDNESDAY	Tempo run (23/24) 8.3km in 31mins @Pace/km 03 mins 44 secs	Tempo run (23/24) 7.5km in 28mins @Pace/km 03 mins 44 secs	Tempo run (23/24) 8.1km in 30mins @Pace/km 03 mins 42 secs	Tempo run (23/24) 7.8km in 29mins @Pace/km 03 mins 43 secs	Tempo run (23/24) 8.6km in 32mins @Pace/km 03 mins 43 secs	Tempo run (23/24) 8.1km in 30mins @Pace/km 03 mins 42 secs	Tempo run (23/24) 6.5km in 24mins @Pace/km 03 mins 42 secs	WEDNESDAY
THURSDAY	Medium run (23) 10.4km in 45mins @Pace/km 04 mins 20 secs	Medium run (23) 12km in 52mins @Pace/km 04 mins 20 secs	Medium run (23) 10.2km in 44mins @Pace/km 04 mins 19 secs	Medium run (23) 12km in 52mins @Pace/km 04 mins 20 secs	Medium run (23) 10.9km in 47mins @Pace/km 04 mins 19 secs	Medium run (23) 12.6km in 55mins @Pace/km 04 mins 22 secs	Day Off	THURSDAY
FRIDAY	Mixed/Hill (2-5) 9.9km in 41mins @Pace/km 04 mins 08 secs	Sprint Interval (26) 4km in 13mins @Pace/km 03 mins 15 secs	Mixed/Hill (2-5) 11km in 46mins @Pace/km 04 mins 11 secs	Sprint Interval (26) 4 x 1km @Pace/km 03 mins 15 secs	Mixed/Hill (2-5) 10.1km in 42mins @Pace/km 04 mins 10 secs	Sprint Interval (26) 9 x 0.5km @Pace/km 03 mins 07 secs	Mixed/Hill (2-5) 9km in 37mins @Pace/km 04 mins 07 secs	FRIDAY
SATURDAY	Long run (22/23) 12.2km in 55mins @Pace/km 04 mins 30 secs	Long run (22/23) 14.1km in 64mins @Pace/km 04 mins 32 secs	Long run (22/23) 12.6km in 57mins @Pace/km 04 mins 31 secs	Long run (22/23) 14.1km in 64mins @Pace/km 04 mins 32 secs	Long run (22/23) 12.6km in 57mins @Pace/km 04 mins 31 secs	Long run (22/23) 14.7km in 67mins @Pace/km 04 mins 33 secs	Day Off	SATURDAY
SUNDAY	Long run (22/23) 13.7km in 62mins @Pace/km 04 mins 32 secs	Long run (22/23) 16.1km in 74mins @Pace/km 04 mins 36 secs	Long run (22/23) 13.7km in 62mins @Pace/km 04 mins 32 secs	Long run (22/23) 15.7km in 72mins @Pace/km 04 mins 35 secs	Long run (22/23) 14.3km in 65mins @Pace/km 04 mins 33 secs	Long run (22/23) 16.6km in 76mins @Pace/km 04 mins 35 secs	rest	SUNDAY
hrs	5.05	5.10	5.12	5.08	5.25	5.33	2.83	<= TOTALS
km	71.7k	72.2k	72.6k	72.1k	74.4k	75.7k	41.3k	
	> Build >	> Build >	> Build >	> Build >	> Build >	> Build >	> Consolidate	

--- Pace vs Training Zones ---

Here are the classic training zones showing watts and pace

YOUR FTP
365.3

KG
77.0

W/KG
4.7

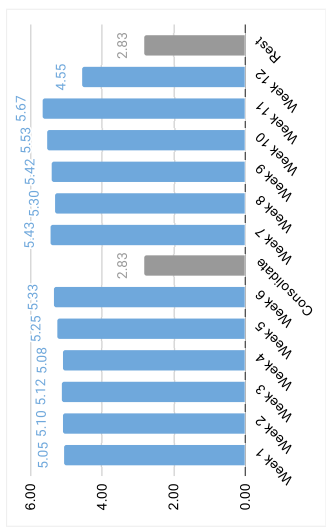
Zone 1	Zone 2	Zone 3	Zone 3ss	Zone 4	Zone 5	Zone 6
<55%	<75%	<90%	88%-93%	<105%	<120%	>150%
04 mins 42 secs	04 mins 23 secs	03 mins 52 secs	04 mins 14 secs	03 mins 42 secs	03 mins 30 secs	03 mins 02 secs
204.5 watts	271.6 watts	332.4 watts	343.4 watts	387.2 watts	442.0 watts	551.6 watts
Recovery	Endurance	Te mpo	SweetSpot	Threshold	VO2max	Aerobic

Zones

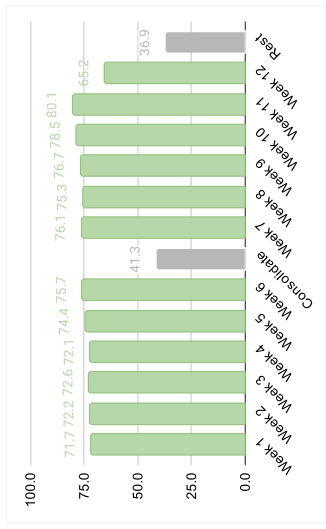
Adaptive Running Training Plan (weeks 7-12)

	WEEK#7	WEEK#8	WEEK#9	WEEK#10	WEEK#11	WEEK#12	REST WEEK	& REPEAT
✓	MONDAY Tempo run (z3/z4) 8.8km in 33mins	Tempo run (z3/z4) 8.1km in 30mins	Tempo run (z3/z4) 9.1km in 34mins	Tempo run (z3/z4) 8.3km in 31mins	Tempo run (z3/z4) 9.1km in 34mins	Tempo run (z3/z4) 7km in 26mins	Tempo run (z3/z4) 7.3km in 27mins	MONDAY Tempo run (z3/z4) @Pace/km 03 mins 42 secs
✓	TUESDAY Medium run (z3) 9.6km in 41mins	Medium run (z3) 11.1km in 48mins	Medium run (z3) 9.6km in 41mins	Medium run (z3) 11.5km in 50mins	Medium run (z3) 10km in 43mins	Medium run (z3) 9.6km in 41mins	Day Off	TUESDAY @Pace/km 04 mins 16 secs
✓	WEDNESDAY Mixed/Hill (z2-5) 7.8km in 32mins	Tempo run (z3/z4) 8.1km in 30mins	Tempo run (z3/z4) 8.8km in 33mins	Tempo run (z3/z4) 8.3km in 31mins	Tempo run (z3/z4) 9.1km in 34mins	Tempo run (z3/z4) 7km in 26mins	Tempo run (z3/z4) 7km in 26mins	WEDNESDAY @Pace/km 03 mins 43 secs
✓	THURSDAY Medium run (z3) 10.9km in 47mins	Medium run (z3) 12.6km in 55mins	Medium run (z3) 11.1km in 48mins	Medium run (z3) 13.1km in 57mins	Medium run (z3) 11.3km in 49mins	Medium run (z3) 10.9km in 47mins	Day Off	THURSDAY @Pace/km 04 mins 19 secs
✓	FRIDAY Mixed/Hill (z2-5) 11.9km in 50mins	Sprint Interval (z6) 4.5km in 14mins	Mixed/Hill (z2-5) 10.6km in 44mins	Sprint Interval (z6) 5km in 15mins	Mixed/Hill (z2-5) 12.4km in 52mins	Sprint Interval (z6) 4km in 12mins	Mixed/Hill (z2-5) 8.5km in 35mins	FRIDAY @Pace/km 04 mins 07 secs
✓	SATURDAY Long run (z2/z3) 18km in 59mins	Long run (z2/z3) 14.5km in 66mins	Long run (z2/z3) 12.8km in 66mins	Long run (z2/z3) 15.1km in 69mins	Long run (z2/z3) 13.5km in 61mins	Long run (z2/z3) 12.6km in 57mins	Day Off	SATURDAY @Pace/km 04 mins 31 secs
✓	SUNDAY Long run (z2/z3) 14.1km in 64mins	Long run (z2/z3) 16.4km in 75mins	Long run (z2/z3) 14.7km in 67mins	Long run (z2/z3) 17.2km in 79mins	Long run (z2/z3) 14.7km in 67mins	Long run (z2/z3) 14.1km in 64mins	Long run (z2/z3) 14.1km in 64mins	SUNDAY @Pace/km 03 mins 50 secs
	hrs	5.43	5.30	5.53	5.67	4.55	2.83	<= TOTALS
		76.1k	75.3k	76.5k	80.1k	65.2k	36.9k	
	> Build >	> Build >	> Build >	> Build >	> Build >	> Consolidate	Rest	

Weekly Hours



Weekly Distance

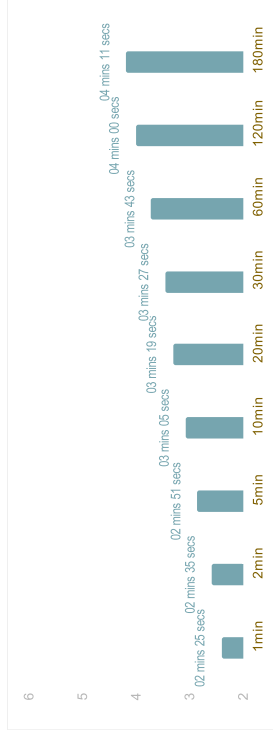
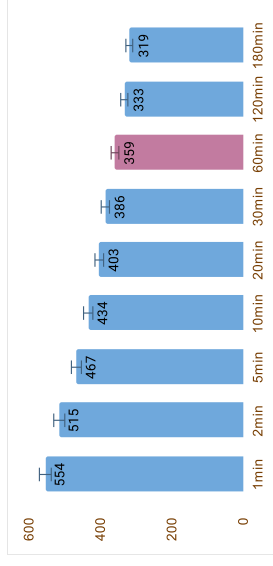


Cheat Sheet

Your Running Pace

	mins per mile	mph	mins per km	kph
Your 21k event pace	05 mins 59 secs	10.04	03 mins 43 secs	16.15
FTP/Lactate Threshold	05 mins 57 secs	10.08	03 mins 42 secs	16.22
Tempo run (z3)	06 mins 13 secs	9.65	03 mins 52 secs	15.53
Long run (z2/z3)	07 mins 03 secs	8.51	04 mins 23 secs	13.70
Threshold run (z4)	05 mins 57 secs	10.08	03 mins 42 secs	16.22
Sprint Interval (z5/6)	04 mins 53 secs	12.30	03 mins 02 secs	19.79
V02 Interval (z5)	05 mins 38 secs	10.65	03 mins 30 secs	17.14
Mixed terrain (z2-z5)	06 mins 49 secs	8.80	04 mins 14 secs	14.16
Recovery (z1/z2)	07 mins 33 secs	7.94	04 mins 42 secs	12.78

Running Power & 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 Selye'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 is

It also advises on rest days which are impart 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.