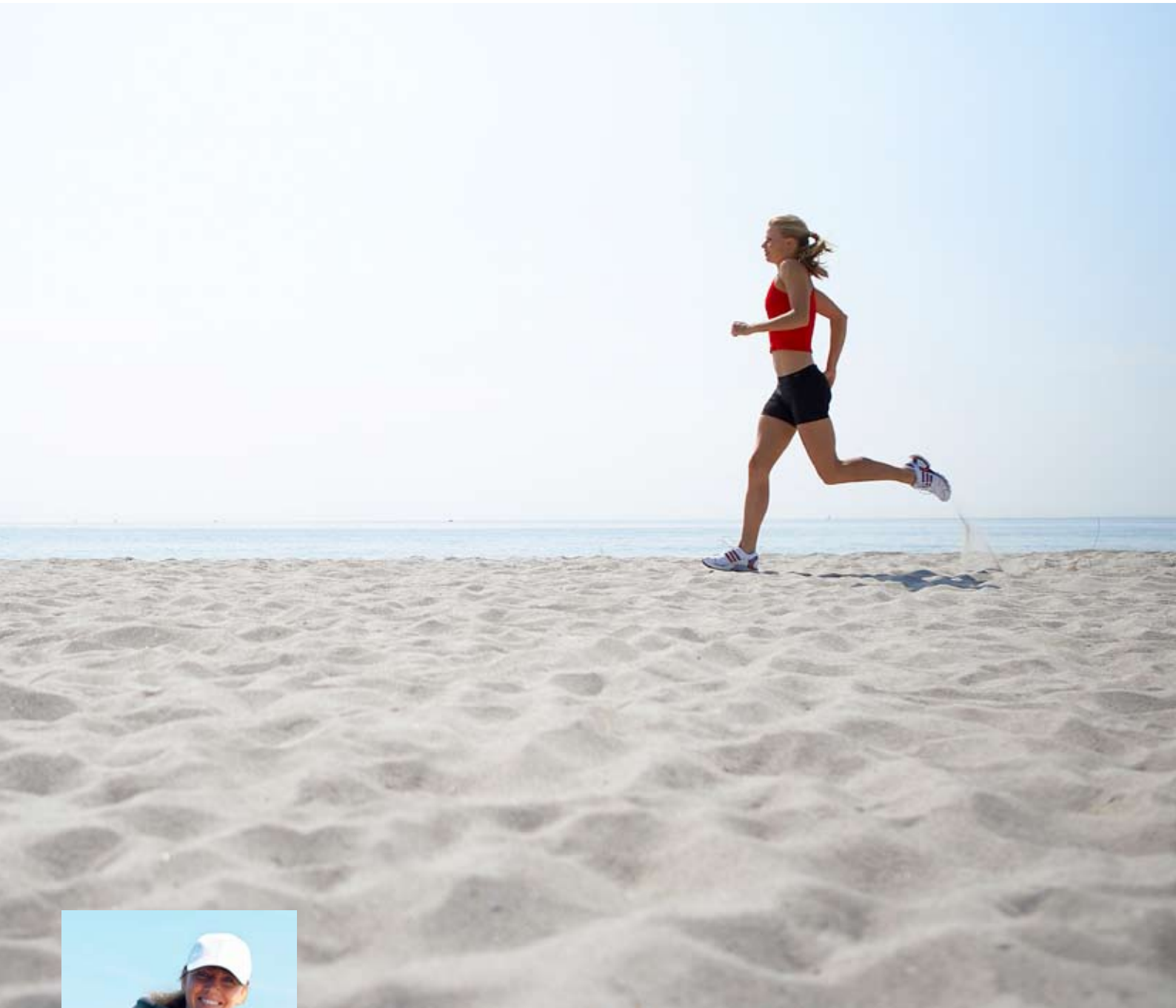


Training programme

Running - advanced (21 km in 12 weeks)



Maxim training programmes are developed by Mette Bloch, former Danish elite rower and world champion



Week 1

Saturday: walk for at least 30 min (you have started, congratulations!)
Sunday: walk 5 min. Run 5 min. Turn around and repeat.
Monday: day off.
Tuesday: walk 3 min. Run 5 minutes. Turn around and run 3 minutes, then walk 5 minutes.
Wednesday: day off.
Thursday: walk at least 45 minutes today, preferably at “sweating” pace.
Friday: day off. Put your legs up, you have done well this week!



Maxim Energy Bar

Week 2

Saturday: walk 2 min. Run 6 minutes. Turn around and run 3 minutes. Walk the rest of the way.
Sunday: take a long walk between 45-60 minutes.
Monday: day off.
Tuesday: walk 2 minutes, run 6 minutes. Turn around and run 4 minutes. Walk the rest of the way.
Wednesday: day off.
Thursday: take a 30 min walk.
Friday: walk 3 min. Run 6 minutes. Turn around and run 5 minutes. Walk the rest of the way.



Maxim Energy Drink

Week 3

Saturday: take an easy walk – decide yourself for how long.
Sunday: walk 5 min – run 5 min. Turn around and run 7 minutes. Walk the rest of the way back.
Monday: day off.
Tuesday: walk 4 min, run 6 minutes. Turn around and run 8 minutes, walk the rest of the way.
Wednesday: day off, relax!
Thursday: take a 40 minute walk.
Friday: walk 3 min, jog 8 minutes. Turn around and run 7 minutes, walk the rest of the way back.



Maxim Running Belt

Week 4

Saturday: day off.
Sunday: run 5 minutes at a moderate pace. Catch your breath and then run 3 x 15 s at a fast pace, with 2 min break in between. Turn around and jog back again.
Monday: take a walk (length is your own choice)
Tuesday: walk 1 min. Run 9 minutes, turn around and run back at an easy pace.
Wednesday: day off. Maybe some stretching?
Thursday: walk for 45 minutes.
Friday: jog 5 minutes, include 3 x 20 s intervals with 2 min breaks in between. Turn around and jog back again.



Maxim Energy Tablets

Week 5

Saturday: day off.
Sunday: run 12 minutes, take a 2 min break and run back again.
Monday: walk for one hour.
Tuesday: run 30 minutes fartlek (you decide speed).
Wednesday: day off.
Thursday: take a 30 min walk.
Friday: run 16 minutes at a moderate pace. Turn around and run back at a CALM pace (jogging).



Maxim Recovery Bar

Week 6

Saturday: day off.
Sunday: run 15 min. Take a 3 min break and run back again.
Monday: relax and take a walk if you cannot help it, but otherwise take a day off.
Tuesday: run intervals 4 x 2 min at a fast speed. Take 5 min breaks in between.
Wednesday: day off.
Thursday: take a walk – free choice regarding length.
Friday: run 18 minutes. Turn around and run back again.



Maxim Bottles

Week 7

Saturday: day off.
Sunday: run 20 minutes. Take 4 min break and run back again.
Monday: take a short walk.
Tuesday: run 5 x 2 min at a good speed with 3 min jogging in between. The whole training should take 50 min, including warmup, breaks and cooldown.
Wednesday: day off.
Thursday: run 25 minutes. Turn around and run back again – no break! The run can be at an easy pace.
Friday: take a 30 minute walk.



Maxim Active Hydration

Week 8

Saturday: day off
Sunday: run 25 minutes. Continue at a brisk pace. Turn around and run back again.
Monday: take a short walk.
Tuesday: warm up – at least 10 min. Run 8 x 1 min at a fast pace with easy 2 min runs in between.
Wednesday: day off.
Thursday: walk max 30 minutes.
Friday: run 30 minutes. Turn around – without a break! – and run back again. The run can be at an easy pace.

Maxim Energy Drink



Week 9

Saturday: day off.
Sunday: run 30 min – continue 5 min at a brisk pace. Turn around and run all the way back again.
Monday: day off.
Tuesday: warm up – at least 10 min. Run 5 x 2 min at a fast pace with easy 3 min runs in between.
Wednesday: day off.
Thursday: take a 30 min walk.
Friday: run 45 minutes. Turn around and run back again – no break! The run can be at an easy pace.



Maxim Energy Gel

Week 10

Saturday: day off.
Sunday: walk 35 minutes – continue 5 min at a brisk pace. Turn around and run all the way back.
Monday: day off.
Tuesday: warm up – at least 10 minutes. Run 7 x 2 min at a fast pace with 3 min easy runs in between.
Wednesday: day off.
Thursday: take a 30 min walk.
Friday: run 30 minutes. Turn around - without a break – and run back again. The run can be at an easy pace.



Maxim Carbo Cake

Week 11

Saturday: day off.
Sunday: run 45 min – continue 5 min at a brisk pace. Turn around and run all the way back.
Monday: day off.
Tuesday: warm up – at least 10 min. Run 8 x 2 min at a fast pace with 3 min easy runs in between.
Wednesday: day off.
Thursday: take a 30 min walk.
Friday: run 25 minutes. Turn around - without a break – and run back again. The run can be at an easy pace.



Maxim Energy Drink

Week 12

Saturday: day off.
Sunday: run 45 minutes – choose your own speed
Monday: easy run with speed changes – you choose. Maximum 10 km.
Tuesday: warm up – at least 10 min. Run 4 x 1 min at a fast pace with 5 min easy runs in between.
Wednesday: day off.
Thursday: take a 30 min walk.
Friday: easy run – not more than 30 min.
Saturday: day off. Go for a short walk if you cannot sit still.
Sunday: run 21 km – enjoy it!

Maxim Energy Gel

