

## Sample Schedule

This is a schedule Renato Canova designed for a hypothetical elite 10km runner to illustrate his training principles

# Sample Schedule

Training of Renato Canova's athletes before the 2011 World Championships

Compiled by John Davis

Runningwritings.blogspot.com

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Long and easy run + short uphill sprint	Long fast run, up to 30km at 85% of 10k PR	30km of general volume in two sessions at easy speed (regeneration)	30km of general volume in two sessions at moderate speed (building basic endurance)	10-15km at 90-95% of 10k PR	30km in two sessions at easy speed (regeneration)	Long run at moderate pace
Long intervals on the track for increasing aerobic power  3000m/2000m/1000m with a total volume of 16-20km at 95-98% of 10k PR	Regeneration (very easy running)	General volume at moderate pace + short uphill sprint	Short intervals on the track (400m-1000m) with a total volume of 12km at 102-105% of 10k PR	Regeneration (very easy running)	30-35km (increasing over time) at a moderate speed	30km long run at 80% of 10k PR
Long fartlek with short variations of speed (ex. 20x1min fast, 1min moderate + 20x30sec fast, 30sec moderate) as a precursor to short intervals for speed endurance	Regeneration (very easy running)	General volume at moderate intensity	6-8km continuous run very fast	Regeneration (very easy running)	General high volume at moderate intensity	Regeneration (very easy running)
Regeneration (very easy running)	Special block: 10km at 85% of 10k PR + 10km at 96% of 10k PR in morning  10km at 85% of 10k PR + 6-8km of medium intervals (600m-1000m) at 100-105% of 10k PR in afternoon	Regeneration (very easy running)	Regeneration (very easy running)	Long progressive run from moderate to fast		