

ADIDAS RUNNERS
TAKE IT FORWARD TRAINING PLAN
RUN 30KM IN 3 WEEKS

WEEK 1

DAY 1

INTRO SESSION

CHALLENGE +
TRAINING PLAN

[INSTAGRAM @ADIDASRUNNERS](#)

**5-7KM DRILLS &
INTERVALS**

TREADMILL WORKOUT

[INSTAGRAM @ADIDASRUNNERS / ZWIFT](#)

DAY 2

RECOVERY DAY

DAY 3

IG LIVE TLK TECH & GEAR

INNOVATION & NEXT LEVEL

[INSTAGRAM @ADIDASRUNNERS](#)

DAY 4

4-8KM

EASY RUN

DAY 5

RECOVERY DAY

DAY 6

7-17KM

BUILD BASE

[INSTAGRAM @ADIDASRUNNERS / ZWIFT](#)

DAY 7

RECOVERY DAY

WEEK 2

DAY 1

6-8KM DRILLS & TEMPO

MOVE FORWARD

[INSTAGRAM @LINOSCHKAH_2.0 / ZWIFT](#)

DAY 2

RECOVERY DAY

DAY 3

IG LIVE NUTRITION CLASS

INNOVATION & NEXT LEVEL

[INSTAGRAM @ADIDASRUNNERS](#)

DAY 4

4-8KM

EASY RUN

DAY 5

RECOVERY DAY

DAY 6

8-19KM

BUILD BASE

[INSTAGRAM @ADIDASRUNNERS / ZWIFT](#)

DAY 7

RECOVERY DAY

WEEK 3

DAY 1

4-6KM DRILLS & ASSESSMENT

MOVE FORWARD

[INSTAGRAM @LINOSCHKAH_2.0 / ZWIFT](#)

DAY 2

RECOVERY DAY

DAY 3

IG LIVE STRENGTH

INNOVATION & NEXT LEVEL

[INSTAGRAM @ADIDASRUNNERS](#)

DAY 4

4-8KM

EASY RUN

DAY 5

RECOVERY DAY

DAY 6

10-21KM

BUILD BASE

[INSTAGRAM @AWANRUN / ZWIFT](#)

DAY 7

IG LIVE TLK
RECOVERY & MINDSET & SUMMARY
[INSTAGRAM @ADIDASRUNNERS](#)



GLOSSARY

SESSIONS OVERVIEW

EXPLANATION

MOVE FORWARD

The Move Forward session is a running interval workout to help you improve your performance, no matter what level you're at. Follow along live on ZWIFT with Coach Lina or train offline. Do a warm-up, a set of drills and strides and a fartlek-style workout where you vary your pace throughout. Repeat the intervals 3-5 times then cool down and stretch.

INNOVATION & NEXT LEVEL

The Innovation & Next Level Session will be weekly IG Live talks that deliver workouts, nutrition classes and more. You'll learn about your body and how to advance to the next level of your fitness. Your global AR coaches dive deep into the latest innovations in their area of expertise. You'll get a high-quality session you can implement into your daily routine and training.

BUILD BASE SESSION

The Build Base session is your basic endurance run. Try to cover the prescribed duration at a steady and comfortable pace, in order to lay a strong foundation to move forward. Intensity should be easy. The workout comes from the duration, not how hard you're running. The session can be done as a workout on Zwift with Coach Awan or offline.

RECOVERY RUN

Your Easy Run will give your body the rest it needs to process the stimulus of the training. Try to keep intensity low and run in the prescribed time. Allow yourself to warm-up and cool-down well.

RECOVERY DAY

Take care of your body. Rest Up. On these days, you should only do non-running activities at a low intensity and short duration. Recovery and rest are crucial to moving forward in training.

WORKOUT ELEMENTS

EXPLANATION

MOVEMENT PREP

Your 5min set of exercises to prepare muscles and joints for the motions of running. You can do the exercise stationary or moving forward. Do knee-hugs, quad-stretch, outside thigh stretch, squats, lunges and reactive jumps 10x / 10 steps per exercise. Your coaches will give you more guidance during the live sessions.

WARM-UP RUN

Use the warm-up run after the movement prep, to slowly accelerate your cardiovascular system to prepare for the more intense part of the workout.

DRILLS

Your set of 10 exercises to improve your running technique and prepare for the motions of high intensity running. Do angle work, skipping, high-knees, butt-kicks, long-legs, A-skips, B-Skips, jumping drills and two short sprints over about 30min with an easy walk back as rest.

STRIDES

Your final prep before the running workout starts. Do an accelerated short run of 60-80m, start jogging and accelerate to 85% of your maximum speed. Repeat 3 times and walk back as rest.

HIGH EFFORTS (MOVE FORWARD SESSION)

The move forward sessions are run in a fartlek style with high efforts of up to 4min. Try to keep all efforts at an equal speed, and run a pace you could hold for 30-40min. Try to stay calm, breathe rhythmically and adjust the effort if you feel you are going too hard.

LOW EFFORTS (MOVE FORWARD SESSION)

The low efforts between the high efforts should help you to actively recover, easy jogging decreases your heartrate and breathing, this will prepare you for the next hard effort.

COOL DOWN RUN

Use the cool-down run to calm down your cardiovascular system and shake out your legs from the intensity, before finishing the workout.

STRETCH

Use the stretch to complete your cool down period and finish your session. Do exercises that help you to personally loosen up. Our coaches will give guidance in the live sessions on the post run stretch as well.

DISTANCE RANGES

The training plan aims to enable you to complete the challenge of 30km in 3 weeks but should also give runners of all levels, an orientation and opportunity to move forward. If you are less experienced and are not running more than 1-2 times a week, please use the lower end of the range as your prescribed and recommended distance. If you are more experienced and regular running 3-4 times a week, you can use the upper end as guidance for your training distance.

EASY RUN (RECOVERY RUNS)

Easy-Run in the recovery runs, means low intensity and low effort, no heavy breathing and controlled running rhythm. This should help you to secure progress and process the impulses you get from the intensive sessions.

EASY RUN (BUILD BASE RUNS)

Easy-Run in the build base runs, means a steady but comfortable effort. Heart-rate and breathing are accelerated, but not near the intensity of the high efforts in the fartlek sessions. The effort should be kept over a long period of time.