

# BLOCK #2

2-week preparation phase



Adidas Project PB continues with more advanced workouts that combine the optimal balance of speed, strength, stamina, endurance, and recovery needed to run a successful 10K.

**Block 2 Goal:** Continue developing and fine tuning your running speeds using RPE intensities to maximize adaptations in all running muscles. Refer to *RPE Running Intensity Chart*).

**Block 2 Challenge:** The final workout in Block 2 includes 1-mile at max effort (record time). This result is VERY important! We will be using your 1-mile finishing time to personalize all interval paces in Block 3.

**Remaining Days of the Week:**

Tuesday: Functional or Strength Training (45-60min)

Thursday: Run/Jog 2-3 miles (easy), Athlete Choice, or Rest

Friday: Functional or Strength Training (45-60min)

Sunday: Rest Day or Yoga

**Rate of Perceived Exertion (“RPE”) Intensities / Paces**

	MONDAY	WEDNESDAY	SATURDAY
<b>Block 2: Week 1 - 10 Weeks to Race</b>	10 sets: 60sec at RPE4 (easy/moderate), Walk 30sec, ----- Rest 1-2min, ----- 10 sets: 60sec at RPE4 (easy/moderate), Walk 30sec ----- Total: 20min + 10min walk	800m (or 4min) at RPE3 (easy), Rest 2-3min, 3x (800m at 1-mile goal pace, 5min rest), 1600m (or 8min) at RPE3 (easy), ----- Total: 4800m Record average 800m time. This average time can be used to help estimate your upcoming 1-mile at max effort target pace. For example, a runner with an average 800m time of 4:00 should target 30sec/100m pace for their 1-mile for time in our final Block 2 workout	1.5 miles (or 12min) at RPE3 (easy), 1 mile (or 7min) at RPE5 (moderate), 0.5 miles (3min) at RPE7 (fast) No rest b/t intervals ----- Total: 3 miles
<b>Block 2: Week 2 - 9 Weeks to Race</b>	2 sets: 600m (or 3min) at RPE6 (mod/fast), Rest 2min, 1000m (or 5min) at RPE5 (mod), Rest 2min, 400m (or 90sec) at RPE7 (fast), Rest 4min b/t sets ----- Total: 4000m	Part 1: 4 sets: 25m (or 5sec) acceleration to sprint** 25m (or 5sec) hold sprint speed, 25m (or 5sec) gradual slowing to stop Slow walk back to start after each set Part 2: 4 sets: 400m (or 90sec) at RPE7 (fast), 200m (or 1min) walk/jog after each 400m, Rest 3-4min, 4x (50m or 10sec sprint**, 1min walk) ----- Total: 2900m + 200m walk **Maintain control of running technique	Part 1: 2000m (or 10min) at RPE3 (easy), Rest 1-2min, 100m (or 20sec) at RPE7 (fast), Walk 100m (or 1min), 100m (or 20sec) at RPE8 (faster), Walk 200m (or 2min), 100m (or 20sec) at RPE9 (fastest), Rest 3min, 200m at 1-mile goal pace, 300m (or 3min) walk, Rest 5-8min (full recovery), Part 2: 1-mile at max effort (record time) ----- Total: 4109m + 600m walk

