

HYBRID RUNNER TRAINING PLAN (Nov 19, 2025 – Jul 26, 2026)

3-day-per-week structured plan for progressive build from 16K to 32K A-Race.

Week	Dates	Wed (Easy)	Fri (Quality)	Sun (LSD)	Notes
1	Nov 19–25	6km @7:50-8:15	4x4min @6:05-5:55	16km @7:50-8:20	Restart phase
2	Nov 26–Dec 2	6km @7:50-8:15	Tempo 20min @6:40-6:18	18km @7:50-8:15	10k B-Race (Nov 30)
3	Dec 3–9	6km @7:45-8:10	5x4min @6:00-5:50	20km @7:45-8:15	10k B-Race (Dec 6)
4	Dec 10–16	6km @7:45-8:10	Tempo 25min @6:35-6:25	22.5km @7:45-8:10	Threshold phase build
5	Dec 17–23	6km @7:45-8:10	Fartlek 8km 5x2min @6:40-6:00	24km @7:45-8:10	Aerobic boost
6	Dec 24–30	6km @7:45-8:10	6x3min @5:55-5:45	26km @7:45-8:10	Pre-race build
7	Dec 31–Jan 6	6km Easy	Tempo 30min @6:30-6:15	28km @7:55-8:15	Taper for A-race
A-Race	Jan 4	-	16km Race @6:15-6:10	18km Recovery	A-Race 16K
8	Jan 7–13	6km @7:40-8:05	Easy 6km	18km @7:45-8:05	Recovery week
9	Jan 14–20	6km Easy	4x5min @5:55-5:45	28km @7:45-8:05	Build phase
10	Jan 21–27	6km Easy	Tempo 35min @6:25-6:10	30km @7:40-8:00	Stamina build
11	Jan 28–Feb 3	6km Easy	A-Race Feb 1	8km Recovery	Short taper
12	Feb 4–10	6km Easy	Fartlek 6x2min @6:00-5:45	24.5km @7:35-8:00	Post-race recovery
20	Apr 2–8	6km @7:25-7:50	Tempo 50min @6:10-6:00	30km @7:30-7:50	Taper for 18K
A-Race	Apr 5	-	18km Race @6:00-5:58	58km Recovery	A-Race 18K
26	May 14–20	6km Easy	Tempo 60min @6:00-5:55	35km @7:20-7:45	Taper for 21K
A-Race	May 24	-	21km Race @5:55-5:50	58km Recovery	A-Race Half Marathon
35	Jul 21–25	6km Easy	Tempo 30min @5:50-5:40	34km Easy	Final taper
A-Race	Jul 26	-	32km Race @6:00-5:50		Main A-Race

Note: Adjust paces ± 10 s/km depending on race condition and recovery state.