PRO PLAN SAMPLE

Day 4 - Thursday

Threshold Focus

Training Load: High · **Est. Burn:** 850 kcal

Warm-up (15 mins)

- 10 mins Easy Jog @ 5:45 - 6:00 min/km
- Active drills: High knees, Butt kicks, A-skips
- 3 x 20-second strides (accelerations)

MAIN WORKOUT: Tempo Run (Threshold)

Distance	8 km total volume
Structure	2 km Easy **4 km @ Threshold Pace (4:55 - 5:00 min/km)** 2 km Easy

Coach Note: Focus on holding the pace steady during the 4km block. It should feel "comfortably hard" (Zone 3). Do not surge.

Cool-down

- 10 mins very slow jog to bring heart rate down
- Foam rolling: Calves and IT band

Strength Training

Core Focus: Planks (3x45s), Russian Twists (3x20), Glute Bridges (3x15).

Target: 2,850 kcal **Macros: 350g Carbs | 140g Protein | 95g Fats**

Timed Nutrition

Pre-Workout (16:30)
2 rice cakes, thumb-sized peanut butter + 1 medium banana. *(350 kcal)*

Post-Workout (19:00)
Protein smoothie (Whey protein, spinach, frozen berries). *(300 kcal)*

Dinner (20:30)
Grilled Salmon with Quinoa (two cupped hands) and Asparagus (two fists). *(750 kcal)*

Hydration

- Drink 500ml water w/ electrolytes 2h before run.
- Rehydrate 1.5x weight lost.

Recovery

- **Protocol:** Contrast shower (30s hot / 30s cold) x3.
- **Sleep:** 8.5 hours. Cool room (18-20°C).