

A black and white photograph of two runners on a track. The runner on the left is seen from the back, wearing a dark singlet and shorts, with a watch on their left wrist. The runner on the right is in profile, wearing a dark long-sleeved top and shorts, with a headband and a watch on their left wrist. The background shows a building with windows and a fence. The overall mood is focused and athletic.

BASELINE

A four week training guide

CATD

CATO

BASELINE

2023

A four week Running Guide

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Disclaimer

Always consult your physician or health care professional before performing any exercise or making any changes to your current diet.

By using the program outlined in this book, you agree you are doing so at your own risk and the author shall not be held accountable for any physical injury or any health related issues. This Book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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BASE BUILDING

INTRO

Hi Team,

Welcome to "Baseline", a guide specifically designed to empower you to build the aerobic engine required to start your first race, regardless of your target time or distance.

You are about to embark on a journey against distraction & noise and towards a healthy connection between your body & mind. Throughout this journey, CATO will act as your helping hand, highlighting that limits are often times just an illusion.

In a world where seeking the next cheap dopamine rush and mindlessly scrolling through social media have become the new standard, setting yourself a goal that seems hard to accomplish has become rare. You are here for this very reason, and it is the right choice.

Drawing from scientific research and personal experience, CATO developed a holistic system that merges simplicity with effectiveness. You'll run faster and longer while avoiding the risks of injuries and mental fatigue associated with overtraining. Our principles are created to be easily understood, allowing you to grasp the underlying strategies that will propel you towards long-term success. They cherish the well-being of your two most precious assets — your body & mind — while ensuring that your journey towards peak performance is sustainable and rewarding.

Baseline is your four-week roadmap to redefine what it means to be a runner and unlock a world of limitless possibilities. Your journey starts here.



HR ZONES



Formula: Max. heart rate = 220 - Age

ZONE 1 *50-60% of max. heart rate*

This is your warm-up pace. You should be able to have a casual conversation and breathe comfortably through your nose.

ZONE 2 *60-70% of max. heart rate*

This is your endurance pace. You should be able to sustain that pace for very long periods without experiencing physical fatigue. You should still be able to engage in a light conversation without breathing heavily.

ZONE 3 *70-80% of max. heart rate*

This is your aerobic pace. You should be able to maintain that pace for at least 60 minutes and start to experience exhaustion.

ZONE 4 *80-90% of max. heart rate*

This is your threshold pace. You should be breathing hard and it should feel difficult to finish the interval at the end.

ZONE 5 *90-100% of max. heart rate*

This is your all-out pace. You should be able to hold that pace for 2-3 minutes and feel completely exhausted afterwards.

SESSIONS

EASY RUN

The purpose of this session is to improve your general aerobic capacity by getting used to running at a slow pace comfortably.

LACTATE INTERVALS

This practice is designed to boost your lactate threshold pace that ultimately empowers you to run faster for longer periods. The pace should be between your 5–10k pace for the LT sessions.

LONG RUN

This exercise is programmed to get your body used to cover long distances smoothly.

ACTIVE RECOVERY

This workout is conditioned to promote recovery by flushing out residual lactic acid from your muscles.

STRENGTH

This day is dedicated to strengthening your muscles, which will aid in optimizing your running form and reducing the risk of injuries.



BASE BUILDING



ENARO

EUROPEAN ATHLETIC CHAMPIONSHIPS

AM
JUN 17 22

EUROPEAN

ADAC

ADA

EUROPEAN

WEEK 1

DAY 1

EASY RUN
HR ZONE: 3
M. DISTANCE: 5 KM
HM. DISTANCE: 5 KM

DAY 2

STRENGTH DAY
Lower Body
and Core

DAY 3

REST

DAY 4

LACTATE INTERVALS
HRZ: 4
M. DISTANCE: 6x600m, 5k-10k Pace, 60sec. break
HM. DISTANCE: 8x400m, 5k Pace, 90sec. break

DAY 5

STRENGTH DAY
(OPTIONAL)
Upper Body

DAY 6

LONG RUN
HRZ: 2
M. DISTANCE: 10 KM
HM. DISTANCE: 8 KM

DAY 7

ACTIVE RECOVERY
(OPTIONAL)
HRZ: 1
DISTANCE: 30-45 MIN Bike

M¹. Weekly Volume:
18,6 km
HM². Weekly Volume:
16,2 km

RESULTS:

Split times:

NOTES:

Keep in mind for next week:

¹Marathon: M

²Half Marathon: HM

WEEK 2

DAY 1

EASY RUN
HR ZONE: 3
M. DISTANCE: 6 KM
HM. DISTANCE: 5 KM

DAY 2

STRENGTH DAY
Lower Body
and Core

DAY 3

REST

DAY 4

LACTATE INTERVALS
HRZ: 4
M. DISTANCE: 5x800m, 10k Pace, 90sec. break
HM. DISTANCE: 6x600m, 5k-10k Pace, 60sec. break

DAY 5

STRENGTH DAY
(OPTIONAL)
Upper Body

DAY 6

LONG RUN
HRZ: 2
M. DISTANCE: 11 KM
HM. DISTANCE: 9 KM

DAY 7

ACTIVE RECOVERY
(OPTIONAL)
HRZ: 1
DISTANCE: 30-45 MIN Bike

M. Weekly Volume:
21 km
HM. Weekly Volume:
17,6 km

RESULTS:

Split times:

NOTES:

Keep in mind for next week:

WEEK 3

DAY 1

EASY RUN
HR ZONE: 3
M. DISTANCE: 7 KM
HM. DISTANCE: 6 KM

DAY 2

STRENGTH DAY
Lower Body
and Core

DAY 3

REST

DAY 4

LACTATE INTERVALS
HRZ: 4
M. DISTANCE: 5x1km, 10 k Pace, 90-120 sec. break
HM. DISTANCE: 10x400 m, 5 k Pace, 90 sec. break

DAY 5

STRENGTH DAY
(OPTIONAL)
Upper Body

DAY 6

LONG RUN
HRZ: 2
M. DISTANCE: 11 KM
HM. DISTANCE: 9 KM

DAY 7

ACTIVE RECOVERY
(OPTIONAL)
HRZ: 1
DISTANCE: 30-45 MIN Bike

M. Weekly Volume:
23 km
HM. Weekly Volume:
20 km

RESULTS:

Split times:

NOTES:

Keep in mind for next week:

WEEK 4

DAY 1

EASY RUN
HR ZONE: 3
M. DISTANCE: 8 KM
HM. DISTANCE: 6 KM

DAY 2

STRENGTH DAY
Lower Body
and Core

DAY 3

REST

DAY 4

LACTATE INTERVALS
HRZ: 4
M. DISTANCE: 8x600m, 5k-10k Pace, 60sec. break
HM. DISTANCE: 6x800m, 10k Pace, 90sec. break

DAY 5

STRENGTH DAY
(OPTIONAL)
Upper Body

DAY 6

LONG RUN
HRZ: 2
M. DISTANCE: 13 KM
HM. DISTANCE: 10 KM

DAY 7

ACTIVE RECOVERY
(OPTIONAL)
HRZ: 1
DISTANCE: 30-5 MIN Bike

M. Weekly Volume:
25,8 km
HM. Weekly Volume:
22,8 km

RESULTS:

Split times:

NOTES:

Keep in mind for next week:

CATD