

**PROJECT PB**

# **READY TO LOSE?**

a personalized training plan and  
open community designed by world  
renowned coach **Chris Hinshaw**,

**LOSE SECONDS TO WIN.**

**READY TO LOSE?**







## READY TO LOSE?

**FOLLOW THE ADIDAS PROJECT PB,  
DESIGNED BY WORLD RENOWNED COACH  
CHRIS HINSHAW AND LOSE SECONDS  
TO WIN.**

Introducing **PROJECT PB**, a personalized training plan and open community designed to inspire and enable every runner to discover their full potential.

Created for ambitious, driven runners of every level, who want to reach - or smash - their goals, the plan will be flexible to your needs and personalised to a **10K** distance, kicking off with a two week introductory phase to get you comfortable with the workout format.

Over the two weeks following, Chris will prepare you for a 1 mile race effort test, the result of which will be used to individualize your workout intensities.

If like many others, you are looking to make an entrance into the world of competitive running, this one is for you.

@aerobiccapacity

# ***RUNNING INTENSITY CHART***

This is how you define your intensity level



RPE Scale (1-10)	General Intensity Level	Percent Max Ca-pacity	Feeling	Breathing	Talk Test	Description	Purpose/Adaptation
1	Easiest	10%	Easiest pace. Takes focus to maintain this easy of an intensity	Normal	Effortless Conversation		Typically used during warm-up and cool-downs.
2	Easier	20%	This is your all day pace. Minimal accumulation fatigue. Very comfortable pace.	Normal	Relaxed Conversational	Active Recovery	Light aerobic, low intensity work. Sustainable and fat burning. Short term maintenance of physiological abilities
3	Easy	30%		Comfortable	Conversational	Aerobic Threshold	Possible sweating. Relaxed and controlled. Increased fat utilization. General cardiovascular fitness. Slow twitch muscle fiber recruitment. Lactate clearance.
4	Easy/Moderate	40%		Slight increase in respiration and heart rate	Slight Interference		
5	Moderate	50%	This is your 40-60min pace at max effort. Tempo, steady, sustainable intensity.	Controlled & Steady	2-3 Sentences	Lactate Threshold	Sweating. Increased oxidative capacity. On the edge of aerobic and pushing into anaerobic. High level of cardiovascular fitness. Building mental and physical tolerance.
6	Moderate/Hard	60%		Deep & Rapid	Broken Sentences. Beginning to Self Talk		
7	Hard (Fast)	70%			Heavy Breathing Speaking in Syllables	VO2max	Sweating freely. Physical stress. Increased maximal cardiac output, increased oxidative capacity, fatigue resistance of fast twitch muscle fibres, increased power. Developing oxygen transport to the muscles under stress.
8	Harder (Faster)	80%	This is your 6-8min pace at max effort.	Bordering hyperventilation	Only able to speak 2-3 words		
9	Hardest (Fastest)	90%	This is your near max effort pace up to ~1-2min. This pace can only be maintained for short amounts of time during interval workouts.	Hyperventilation	Extremely Difficult	Anaerobic Capacity	Sweating heavily. Very stressful. Increased muscle buffering capacity, increased speed, strength and power. Unsustainable. 100% carbohydrate. Accustoming the body to work without oxygen.
10	Sprint or Max Effort	100%	This is your sprint pace for up to ~20-30sec.	Breathless	Impossible	CNS Neuromuscular	



***PROJECT PB***














personalized training plan by **Chris Hinshaw**

# ***BLOCK #2A***

2 week phase

***READY TO LOSE?***














DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 2A: WEEK 1-13 WEEKS TO RACE	<p>x10 200m at 1-mile pace , 100m at , 100m walk </p> <p>No add'l rest b/t reps or sets </p>	<p>Functional or Strength Training </p> <p>45-60minutes </p>	<p>2x (600m at , 2min rest , 300m at 1-mile pace , Rest 4min ,</p> <p>2x (500m at , 90sec rest , 300m at 1-mile pace, Rest 4min ,</p> <p>2x (400m at , 1min rest , 300m at 1-mile pace</p>
TOTAL WORKOUT	3000m + 1000m walk	45-60minutes	3900m



# PROJECT PB






















personalized training plan by **Chris Hinshaw**

DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 2A: WEEK 1-13 WEEKS TO RACE	Run/Jog 2-3 miles  Athlete Choice,  or Rest 	Functional or Strength Training   45-60minutes 	30min at  Rest 3min   x3 30sec controlled sprint  30sec walk  20sec sprint  Full recovery b/t sets	Rest day or Yoga 
TOTAL WORKOUT		45-60minutes	32.5min + 1.5min walk	

READY TO LOSE?












 easy | 
  moderate | 
  fast | 
  sprint | 
  rest | 
  yoga | 
  walk | 
  jog | 
  run | 
  strength | 
  time


















DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 2A: WEEK 2-12 WEEKS TO RACE	500m at 1-mile pace, 1min rest  100m sprint  , Rest 4min 	Functional or Strength Training 	x4 (200m at 1-mile pace, 200m recovery jog  ), 100m sprint  , 200m walk 
	400m at 1-mile pace, 1min rest  100m sprint, Rest 4min 	45-60minutes 	x3 (200m at 1-mile pace, 200m recovery jog  ), 100m sprint  , 200m walk 
	300m at 1-mile pace, 1min rest  100m sprint 		x2 (200m at 1-mile pace, 200m recovery jog  ), 100m sprint  , 200m walk  , 200m at 1-mile pace, 200m recovery jog  , 100m sprint  , 200m walk 
TOTAL WORKOUT	1500m	45-60minutes	4400m + 800m walk





DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 2A: WEEK 2-12 WEEKS TO RACE	Run/Jog 2-3 miles   Athlete Choice, or Rest 	Functional or Strength Training   45-60minutes 	x4 (200m at 1-mile pace, 200m recovery jog  ) 100m sprint, 200m walk, 3x (200m at 1-mile pace, 200m recovery jog  ) 100m sprint, 200m walk, 2x (200m at 1-mile pace, 200m recovery jog  ) 100m sprint, 200m walk, 200m at 1-mile pace, 200m recovery jog  , 100m sprint, 200m walk	Rest day or Yoga  
TOTAL WORKOUT		45-60minutes		













DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 2A: WEEK 3-11 WEEKS TO RACE	600m at 1-mile pace, 2min rest  300m at  Rest 3min   500m at 1-mile pace, 2min rest  200m controlled  Rest 3min   200m at 1-mile pace, No rest  200m 	Functional or Strength Training   45-60minutes 	3x (800m at  45sec rest  ) Rest 5min   3x (800m at  45sec rest  )
TOTAL WORKOUT	2000m	45-60minutes	4800m



# PROJECT PB






















personalized training plan by **Chris Hinshaw**

DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 2A: WEEK 3-11 WEEKS TO RACE	Run/Jog 2-3 miles  Athlete Choice,  or Rest 	Functional or Strength Training  45-60minutes 	x2 3200m w/ 3min rest b/t sets  3200m Interval Detail: Alternate b/t: 600m (or 3min) at  200m (or 45sec) at 1-mile pace, No rest b/t reps 	Rest day or Yoga  
TOTAL WORKOUT		45-60minutes	6400m	





















READY TO LOSE?

 easy | 
  moderate | 
  fast | 
  sprint | 
  rest | 
  yoga | 
  walk | 
  jog | 
  run | 
  strength | 
  time












DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 2A: WEEK 4-10 WEEKS TO RACE	x5 300m at 1-mile pace, 100m walk  , 100m at  , 200m at 1-mile pace  Rest 3min b/t sets 	Functional or Strength Training   45-60minutes 	2000m at   , 3min rest  , 300m at 1-mile, 200m walk   1600m at   , 3min rest  , 300m at 1-mile, 200m walk   1200m at   , 3min rest  , 300m at 1-mile, 200m walk   800m at   , 3min rest  , 300m at 1-mile, 200m walk 
TOTAL WORKOUT	2000m + 500m walk	45-60minutes	6800m + 800m walk



DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 2A: WEEK 4-10 WEEKS TO RACE	Run/Jog 2-3 miles  Athlete Choice,  or Rest 	Functional or Strength Training   45-60minutes 	3x (5min at  30sec walk  , Rest 2min   3x (4min at  30sec walk  , Rest 2min   3x (3min at  30sec walk  , Rest 2min   3x (2min at  30sec walk  , Rest 2min   3x (1min at  30sec walk 	Rest day or Yoga 
TOTAL WORKOUT		45-60minutes		


















DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 2A: WEEK 5 - 9 WEEKS TO RACE	9x (100m at 1-mile pace, 20sec walk  , Rest 3min  ,	Functional or Strength Training   45-60minutes 	x3/8x (2min at  , 15sec rest  ) Rest 1min b/t sets 
	6x (150m at 1-mile pace, 30sec walk  , Rest 3min  ,		
TOTAL WORKOUT	2700m + 9min walk	45-60minutes	48min



# PROJECT PB

personalized training plan by **Chris Hinshaw**

DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 2A: WEEK 5 - 9 WEEKS TO RACE	Run/Jog 2-3 miles  Athlete Choice,  or Rest 	Functional or Strength Training   45-60minutes 	18min at  , 2min at 1-mile pace, Walk until recovered   13.5min at  , 90sec at 1-mile pace, Walk until recovered   9min at  , 1min at 1-mile pace Walk until recovered 	Rest day or Yoga  
TOTAL WORKOUT		45-60minutes		

READY TO LOSE?

 easy | 
  moderate | 
  fast | 
  sprint | 
  rest | 
  yoga | 
  walk | 
  jog | 
  run | 
  strength | 
  time



***PROJECT PB***



























personalized training plan by **Chris Hinshaw**

# ***BLOCK #3***

2 week phase











***READY TO LOSE?***



DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 3: WEEK 1-8 WEEKS TO RACE	<p>x4 1200m at  Rest 2min after each set </p> <p>x4 150m (or 30sec)  Rest 30sec b/t sets </p>	<p>Functional or Strength Training </p> <p>45-60minutes </p>	<p><b>WARM-UP:</b> x4 400m  50m  No rest b/t reps or sets  Rest 3min </p> <p><b>MAIN WORKOUT:</b></p> <p>300m  100m walk </p> <p>400m  Rest 90sec </p> <p>500m   Rest 2min </p> <p>600m  Rest 2min </p> <p>500m   Rest 2min </p> <p>400m  Rest 90sec </p> <p>300m  100m walk </p>
TOTAL WORKOUT	5400m	45-60minutes	4800m + 200m walk

## PROJECT PB

personalized training plan by **Chris Hinshaw**
















DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 3: WEEK 1 - 8 WEEKS TO RACE	Run/Jog 2-3 miles   Athlete Choice, or Rest 	Functional or Strength Training   45-60minutes 	40min at   Details: Every 4-minutes perform: 10 steps acceleration to  30 steps hold  speed, 10 steps gradual slowing to RPE3	Rest day or Yoga  
	TOTAL WORKOUT		45-60minutes	40min

## READY TO LOSE?
















easy | moderate | fast | sprint | rest | yoga | walk | jog | run | strength | time

























DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 3: WEEK 2-7 WEEKS TO RACE	<p>2000m at  Rest 3min </p> <p>400m at   Walk 100m,</p> <p>300m at RPE7-8, Rest 3min </p> <p>x2 80m at 200m goal speed, Full recovery, 100m at 200m goal speed, Rest 3min , (full recovery)</p> <p>150m at max "race" effort (record time) </p>	<p>Functional or Strength Training</p> <p></p> <p>45-60minutes </p>	<p>x2</p> <p>500m at  </p> <p>400m at </p> <p>300m at </p> <p>200m at controlled ***</p> <p>Rest: 2min b/t all reps &amp; sets </p> <p>***Maintain control of running technique</p>
TOTAL WORKOUT	3460m + 300m walk	45-60minutes	2800m














DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 3: WEEK 2-7 WEEKS TO RACE	Run/Jog 2-3 miles   Athlete Choice, or Rest 	Functional or Strength Training   45-60minutes 	AM: 8-minutes at  with 8 steps  every 1min, Rest 2min  9-minutes at  with 12 steps  every 90sec, Rest 2min  10-minutes at  with 18 steps  every 2min  PM: 25-minutes at  <i>Anytime 3 hours or longer            after the morning run is            preferred</i>	Rest day or Yoga 
		45-60minutes	52min	
TOTAL WORKOUT				




































DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 3: WEEK 3-6 WEEKS TO RACE	<p>x2</p> <p>3x (600m at , 30sec rest )</p> <p>Rest: 3min after each set </p> <p>400m at max "race" effort (record time) </p>	<p>Functional or Strength Training</p> <p></p> <p>45-60minutes </p>	<p>1200m at  , 2min rest </p> <p>200m at , 100m walk </p> <p>1200m at  , 2min rest </p> <p>5x (100m at controlled , 30sec walk ,</p> <p>800m , 2min rest ,</p> <p>5x (100m , 30sec walk ,</p> <p>***Maintain control of running technique during the controlled sprints.</p>
TOTAL WORKOUT	4000m	45-60minutes	5000m



DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 3: WEEK 3 - 6 WEEKS TO RACE	Run/Jog 2-3 miles   Athlete Choice, or Rest 	Functional or Strength Training   45-60minutes 	2 miles at  2 miles  (or 10K goal pace), Walk 2min  1 mile at 	Rest day or Yoga  
TOTAL WORKOUT		45-60minutes	5 miles + 2min walk	













DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 3: WEEK 4-5 WEEKS TO RACE	<p><b>PART 1:</b> x5 20m acceleration to , 20m hold speed at , 20m gradual slowing to stop, Rest 2-3min , b/t reps  Rest 3-5min .</p> <p><b>PART 2:</b> x5 100m  (400m PB speed) 300m at "athlete choice intensity", No rest b/t reps or sets  (Record total time to complete all 5 sets) .</p> <p><i>Details: Goal of 300m interval is to maximize speed but priority in workout is maintaining the 100m sprint speed.</i></p>	<p>Functional or Strength Training </p> <p>45-60minutes </p>	<p>400m , No rest ,</p> <p>200m , 30sec rest ,</p> <p>200m , 1min rest ,</p> <p>600m at , No rest ,</p> <p>200m at , 30sec rest ,</p> <p>200m at , 1min rest ,</p> <p>800m at , No rest ,</p> <p>200m at , 30sec rest ,</p> <p>200m at , 1min rest ,</p> <p>1000m at , No rest ,</p> <p>200m at , 30sec rest ,</p> <p>200m at </p>
TOTAL WORKOUT	2600m	45-60minutes	4400m



## PROJECT PB





































personalized training plan by **Chris Hinshaw**

DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 3: WEEK 4-5 WEEKS TO RACE	Run/Jog 2-3 miles   Athlete Choice, or Rest 	Functional or Strength Training   45-60minutes 	5 miles at   Perform 10x60sec surges at  at anytime within the 5 mile run.  Walk for 1-minute after each surge 	Rest day or Yoga  
TOTAL WORKOUT		45-60minutes	5 miles	

## READY TO LOSE?

easy | moderate | fast | sprint | rest | yoga | walk | jog | run | strength | time











DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 3: WEEK 5 - 4 WEEKS TO RACE	x6 200m at  100m at  No rest b/t reps or sets  Rest 4min  300m  /  No rest  300m  2min rest  200m   No rest  200m  1min rest  100m  No rest  100m 	Functional or Strength Training   45-60minutes 	200m at  Rest 1min  200m  Rest 1min  400m   Rest 1min  300m  Rest 1min  300m  Rest 1min  400m   Rest 1min  200m  Rest 1min  200m 
TOTAL WORKOUT	3700m	45-60minutes	2200m



# PROJECT PB















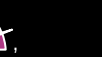









personalized training plan by **Chris Hinshaw**

DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 3: WEEK 5 - 4 WEEKS TO RACE	Run/Jog 2-3 miles  Athlete Choice,  or Rest 	Functional or Strength Training  45-60minutes 	<b>WARM-UP:</b> Athlete Choice <b>PART 1:</b> 3000m (1.8 miles) at max "race" effort (record time)  <b>PART 2***:</b> 40min  <i>***Part 2 can be performed anytime after the 3000m effort"</i>	Rest day or Yoga 
		45-60minutes	~6 miles	
TOTAL WORKOUT		45-60minutes	~6 miles	

READY TO LOSE?










 easy | 
  moderate | 
  fast | 
  sprint | 
  rest | 
  yoga | 
  walk | 
  jog | 
  run | 
  strength | 
  time



DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 3: WEEK 6--3 WEEKS TO RACE	<p>x8 200m </p> <p>300m </p> <p>100m </p> <p>No rest b/t reps or sets </p> <p><i>Details: The goal in this workout is to have your finishing time in the 100m and 200m intervals equal to the 300m time.</i></p>	<p>Functional or Strength Training </p> <p>45-60minutes </p>	<p>WARM-UP:</p> <p>1x (600m  )</p> <p>60sec rest ,</p> <p>2x (300m  )</p> <p>60sec rest ,</p> <p>4x (150m at   )</p> <p>60sec rest )</p> <p>Rest 3min </p> <p>x6 200m at   no rest </p> <p>100m  no rest </p> <p>100m </p> <p>Rest: 3min b/t sets </p>
TOTAL WORKOUT	4800m	45-60minutes	4200m

# PROJECT PB

personalized training plan by **Chris Hinshaw**

DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 3: WEEK 6-3 WEEKS TO RACE	Run/Jog 2-3 miles   Athlete Choice, or Rest 	Functional or Strength Training   45-60minutes 	x4 1-mile  (or 10K goal pace) Rest: 1min b/t sets 	Rest day or Yoga  
TOTAL WORKOUT		45-60minutes	4 miles	

READY TO LOSE?

 easy | 
  moderate | 
  fast | 
  sprint | 
  rest | 
  yoga | 
  walk | 
  jog | 
  run | 
  strength | 
  time





## PROJECT PB

personalized training plan by **Chris Hinshaw**










<i>DAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>
<b>BLOCK 3- WEEK 7 - 2 WEEKS TO RACE</b>	2 miles 1.5 miles (or 10K goal pace), 1 mile at No rest b/t intervals	Functional or Strength Training   45-60minutes	5min , Rest 1min 5min , Rest 2min  6 sets: 2min , 20sec ,  No rest b/t reps or sets
<b>TOTAL WORKOUT</b>	4.5 miles	45-60minutes	30min

## READY TO LOSE?



## PROJECT PB















personalized training plan by **Chris Hinshaw**

DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 3: WEEK 7 - 2 WEEKS TO RACE	Run/Jog 2-3 miles   Athlete Choice, or Rest 	Functional or Strength Training   45-60minutes 	3 miles   Perform 30sec surge at  intensity every 2min.	Rest day or Yoga  
TOTAL WORKOUT		45-60minutes	3 miles	

## READY TO LOSE?

easy | moderate | fast | sprint | rest | yoga | walk | jog | run | strength | time



DAY	MONDAY	TUESDAY	WEDNESDAY
BLOCK 3: WEEK 8 - 1 WEEKS TO RACE	<p>3x (300m , 100m walk ,            Rest 2min ,            3x (300m , 100m walk ,            Rest 2min ,            3x (300m , 100m walk .</p> <p><i>Details: The target time for the 100m walk is 1-minute</i></p>	<p>Functional or Strength Training  </p> <p>45-60minutes </p>	<p>1.5 miles ,            Rest 2min ,            x5 80m ,            20m gradual slowing,            200m walk </p>
	<p><b>TOTAL WORKOUT</b> 2700m + 900m walk</p>	<p>45-60minutes</p>	<p>2300m + 800m walk</p>

DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOCK 3: WEEK 8 - 1 WEEKS TO RACE	Run/Jog 2-3 miles  Athlete Choice,  or Rest 	Functional or Strength Training  45-60minutes 	<b>RACE DAY!!!</b> WARM-UP: 10min  3x (50m  , 150m walk  2x (100m at controlled  , 200m walk  Rest 2-3min  , 200m at 10K goal pace, 100m walk  100m recovery jog  , Full Recovery	Rest day or Yoga 
TOTAL WORKOUT		45-60minutes		



***PROJECT PB***

personalized training plan by **Chris Hinshaw**

***FUTURE?***

Come back for the next phase of the  
PROJECT **PB** training plan.

***READY TO LOSE?***

