

**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



# PROJECT PB

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%	This is your 40-60min pace at max effort. Tempo, steady, sustainable intensity.	Slight increase in respiration and heart rate	Slight Interference		
5	Moderate	50%		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%		This is your 20-30min pace at max effort. Pace should feel challenging and/or difficult to maintain.	Deep & Rapid		
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 #1**











2 week introductory phase

**READY TO LOSE?**



















DAY	MONDAY	TUESDAY	WEDNESDAY
<b>BLOCK 1 - WEEK 1 - 17 WEEKS TO RACE</b>	<p>X8 30 second running and 15 second walking </p> <p>Repeat three times</p>	<p>Functional or Strength Training </p> <p>45-60minutes </p>	<p>200m running </p> <p>100m jog or walk </p> <p>400m running </p> <p>200 m jog or walk </p> <p>600m running </p> <p>300m jog or walk </p> <p>800m running </p> <p>400m jog or walk </p> <p>600m running </p> <p>300m jog or walk </p> <p>400m running </p> <p>200m jog or walk </p>
	<b>TOTAL WORKOUT</b>	12minutes running, 6minutes walking	45-60minutes



















DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BLOCK 1: WEEK 1-17 WEEKS TO RACE</b>	Rest day or 2 mile run/jog 	Functional or Strength Training   45-60minutes 	<b>PART 1:</b> 2x 10 minute run surging for 30 seconds at moderate every 3 minutes   1 minute rest  2 minute run   Rest for 3 minutes in between each set   <b>PART 2:</b> X8 8 second acceleration to controlled sprint   Walk for 1 minute between sets 	Rest day or Yoga 
	<b>TOTAL WORKOUT</b>		45-60minutes	



DAY	MONDAY	TUESDAY	WEDNESDAY
<b>BLOCK 1: WEEK 2-16 WEEKS TO RACE</b>	<p>x4 500m at moderate </p> <p>Rest 60sec </p> <p>Repeat three times</p> <p>Rest 2min b/t sets </p>	<p>Functional or Strength Training</p> <p></p> <p>45-60minutes </p>	<p><b>PART 1:</b> x6 5 steps: "Start, Drive, &amp; Accelerate"</p> <p>Rest 30sec </p> <p>50m controlled sprint**</p> <p>100m walk </p> <p>Rest 2min after each set </p> <p><b>PART 2:</b> x3 300m at moderate </p> <p>no rest  300m at mod/fast </p> <p>2min rest  150m at fast </p> <p>no rest  150m controlled sprint </p> <p>Rest: 2min b/t sets </p>
	<b>TOTAL WORKOUT</b>	4,000m	45-60minutes





DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BLOCK 1: WEEK 2-16 WEEKS TO RACE</b>	Rest day or 2 mile run/jog  	Functional or Strength Training   45-60minutes 	1-mile at easy  Rest 2min  400m at moderate  100m walk  200m at fast  Rest 2-3min  x2 50m controlled sprint  Full recovery, 100m sprint  Full recovery (3+ min), 200m sprint  (record time) 	Rest day or Yoga  
	<b>TOTAL WORKOUT</b>		45-60minutes	3100m + 100m walk



**PROJECT PB**












personalized training plan by **Chris Hinshaw**

# **BLOCK #2**

2 week phase

**READY TO LOSE?**













DAY	MONDAY	TUESDAY	WEDNESDAY
<b>BLOCK 2: WEEK 1-15 WEEKS TO RACE</b>	<p>x10 60sec at RPE4 </p> <p>Walk 30sec </p> <p>Rest 1-2min </p> <p>x10 60sec at RPE4 </p> <p>Walk 30sec </p>	<p>Functional or Strength Training</p>  <p>45-60minutes </p>	<p>800m at RPE3 </p> <p>Rest 2-3min </p> <p>x3 800m at 1-mile goal pace,</p> <p>5min rest </p> <p>1600m at RPE3 </p> <p><i>Record average 800m time. This average time can be used to help estimate your upcoming 1-mile at max effort target pace.</i></p> <p><i>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</i></p>
	<b>TOTAL WORKOUT</b>	20min + 10min walk	45-60minutes



# PROJECT PB



















personalized training plan by **Chris Hinshaw**

DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BLOCK 2 - WEEK 1 - 15 WEEKS TO RACE</b>	Run/Jog 2-3 miles  Athlete Choice,  or Rest 	Functional or Strength Training  45-60minutes 	1.5 miles at RPE3  1 mile at RPE5  0.5 miles at RPE7  No rest b/t intervals 	Rest day or Yoga 
	<b>TOTAL WORKOUT</b>		45-60minutes	3 miles



















READY TO LOSE?

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



DAY	MONDAY	TUESDAY	WEDNESDAY
<b>BLOCK 2: WEEK 2-14 WEEKS TO RACE</b>	x2 600m at RPE6  Rest 2min  1000m at RPE5  Rest 2min  400m at RPE7  Rest 4min b/t sets 	Functional or Strength Training   45-60minutes 	PART 1: x4 25m acceleration to sprint**  25m hold sprint speed  25m gradual slowing to stop   Slow walk back to start after each set   PART 2: x4 400m at RPE7  200m walk/jog after each 400m   Rest: 3-4min  x4 (50m or 10sec sprint  , 1min walk 
	<b>TOTAL WORKOUT</b> 4000m	45-60minutes	2900m + 200m walk



DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BLOCK 2: WEEK 2-14 WEEKS TO RACE</b>	<p>Run/Jog 2-3 miles </p> <p> Athlete Choice, or Rest </p>	<p>Functional or Strength Training </p> <p>45-60minutes </p>	<p><b>PART 1:</b> 2000m at RPE3  Rest: 2min </p> <p>100m at RPE7  Walk  100m at RPE8 </p> <p>Walk 200m  100m at RPE9  Rest: 3min </p> <p>200m at 1-mile goal pace  300m walk  Rest: 5-8min  (full recovery),</p> <p><b>PART 2:</b> 1-mile at max effort (record time) </p>	<p>Rest day or Yoga </p>



**PROJECT PB**

personalized training plan by **Chris Hinshaw**

# **FUTURE?**

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

**READY TO LOSE?**

