MAP PRESENTS

THE 4-DAY RUNNING PLAN

BUILD FITNESS. DEVELOP SPEED. RUN LONG.
A SIMPLE WEEKLY STRUCTURE BUILT AROUND RECOVERY,
SHORT SHARP INTERVAL WORK AND ENDURANCE.



MANNI ATHLETE PHYSIO

THE 4-DAY RUNNING PLAN

MAP / PERFORMANCE IS PERSONAL

THE WEEK

Four runs. Two recovery days. One speed stimulus. One endurance stimulus.

DAY	SESSION	DURATION
DAY 01	**RECOVERY RUN**	30-60 MIN
DAY 02	**INTERVAL SESSION**	SHORT + SHARP
DAY 03	**RECOVERY RUN**	30-60 MIN
DAY 04	**LONG RUN**	90-120 MIN

01 RECOVERY RUN

30-60 MIN

Easy, conversational running. Keep the effort controlled and finish feeling better than you started.

RPE 2-3 / 10 | CONVERSATIONAL

02 INTERVAL SESSION

CHOOSE 1 SESSION

Short, sharp work. Warm up 10-15 min, choose one session, then cool down for 10 min.

SESSION OPTIONS

01	**8 x 200 m**	Fast, relaxed speed	200 m easy jog
02	**10 x 300 m**	3K-5K effort	60 sec easy jog
03	**8 x 400 m**	5K effort	75 sec easy jog
04	**6 x 500 m**	5K effort	90 sec easy jog
05	**10 x 1 min**	Hard / controlled	1 min easy

03 RECOVERY RUN

30-60 MIN

Easy aerobic running. Stay relaxed and keep the pace genuinely easy.

RPE 2-3 / 10 | CONVERSATIONAL

04 LONG RUN

90-120 MIN

Comfortable, sustainable running. Build duration progressively and practise fuelling and hydration.

EASY / STEADY | FUEL THE WORK

THE NEXT STEP

FUEL THE WORK.
RECOVER. REPEAT.

Your long run is where fuelling practice matters. Use the MAP Fuelling Guide to plan carbohydrate, fluids and recovery around your training.

MAP RESOURCE: THE FUELLING GUIDE

Prepare for training. Perform with intent. Recover for the next session.
Keep the running plan and fuelling guide together as part of your weekly training system.

1-1 COACHING + PHYSIOTHERAPY

READY FOR SOMETHING
MORE PERSONAL?

A four-day structure gives you a framework. Individual coaching gives you a plan built around your goals, training history, injury profile and life.

PERFORMANCE IS PERSONAL.

Individualised running and performance coaching
Physiotherapy and injury management
Training-load, strength and recovery guidance
A plan built around you - not a template

DOWNLOAD THE FUELLING GUIDE

WORK WITH MANNI