

25KM TRAINING GUIDE

Your 12-Week Fun & Action-Packed Guide to Distance Victory



OFFICIAL TRAINING PLAN

WELCOME TO YOUR FOOTACTIVE 25KM JOURNEY!

Running a 25km (15.5 miles) is an incredible endurance achievement. Powered by **FootActive** orthotics, this 12-week plan builds your stamina, improves foot alignment, protects your joints, and ensures you arrive at race day strong, comfortable, and injury-free.

THE 6 GOLDEN RULES OF TRAINING & FOOT CARE

Morning Stretch

Try to stretch every morning! A 5-minute dynamic wake-up stretch keeps muscles supple, enhances flexibility, and prevents stiffness.

Essential Sleep

Sleep is essential to recovery! Growth hormone peaks during deep sleep. Target 7-9 hours so your body heals and strengthens.

Listen to Your Body

Make sure you listen to your body! Respect tightness and soreness. Taking an extra rest day is smarter than facing an injury.

Stay On Pace

Stay on pace! Keep easy runs truly easy. Slower long runs build capillary density and conserve fuel for quality workouts.

Consistency is Key

Consistency is key! Regular moderate efforts beat irregular huge miles. Trust the gradual progression over 12 weeks.

FootActive Arch Support

Proper Support: Use FootActive orthotics in your running shoes to realign feet, absorb impact, and prevent shin splints & plantar fasciitis!

WORKOUT TYPES EXPLAINED

EASY RUN

Conversational, relaxed pace. Focus on easy aerobic breathing.

FARTLEK

"Speed Play". Alternating structured hard bursts with recovery jogs.

HILLS

Sustained uphill efforts building strong glutes, calves, and mental grit.

TEMPO RUN

Controlled hard pace to expand lactate threshold.

LONG EASY

The ultimate stamina builder. Slow and steady to build endurance.

PHASE 1: BASE BUILDING & HABIT FORMATION (WEEKS 1-4)

FootActive

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	DONE
Week 1	Rest	5KM EASY	Rest	5KM EASY	Rest	Rest	8KM EASY	18 KM	☐
Week 2	Rest	5KM EASY	Rest	5KM EASY	Rest	Rest	10KM EASY	20 KM	☐
Week 3	Rest	FARTLEK: 1km warm up + 5 x (2 mins effort, 2 mins easy) + 1km cool	Rest	8KM EASY	Rest	5KM EASY	10KM EASY	~28 KM	☐
Week 4	Rest	5KM HILLS: Rolling hill effort & strong climb	Rest	8KM EASY	Rest	8KM EASY	12KM EASY	33 KM	☐

PHASE 2: SPEED ENDURANCE & PEAK MILEAGE (WEEKS 5-8)

FootActive

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	DONE
Week 5	Rest	FARTLEK: 1km warm up + 5 x (2 mins effort, 2 mins easy) + 1km cool	Rest	8KM EASY	Rest	8KM EASY	15KM EASY	~35 KM	☐
Week 6	Rest	TEMPO RUN 8KM: 1km warm/cool 3km tempo 4 mins break 3km tempo	Rest	10KM EASY	Rest	8KM EASY	16KM EASY	42 KM	☐
Week 7	Rest	8KM HILLS: Strength & power hill intervals	Rest	10KM EASY	Rest	10KM EASY	18KM EASY	46 KM	☐
Week 8	Rest	TEMPO RUN 8KM: 1km warm/cool 3 x 10 mins (with 3 mins recovery)	Rest	12KM EASY	Rest	8KM EASY	21KM EASY	49 KM	☐

PHASE 3: SHARPNESS, TAPER & RACE DAY (WEEKS 9–12)									FootActive
WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	DONE
Week 9	Rest	TEMPO RUN 10KM: 1km warm/cool 4km HARD pace 4 mins break 4km HARD pace	Rest	12KM EASY	Rest	5KM EASY	23KM EASY	50 KM	☐
Week 10	Rest	FARTLEK: 1km warm up + 10 x (2 mins effort, 1mins easy) + 1km cool	Rest	12KM EASY	Rest	8KM EASY	16KM EASY	41 KM	☐
Week 11	Rest	8KM EASY	Rest	8KM EASY	Rest	5KM EASY	12K EASY	33 KM	☐
Week 12	Rest	5KM EASY	Rest	8KM EASY	Rest	Rest	🏆 RACE DAY: 25KM FINISH!	38 KM	☐

🏆 FOOTACTIVE RACE DAY STRATEGY & CHECKLIST

- **Carb-load smartly:** Focus on simple, easy-to-digest carbs 24–48 hours before race day.
- **FootActive Insole Check:** Ensure your FootActive orthotic insoles are securely fitted in your race shoes.
- **Pacing strategy:** Control your start! Hold back on KM 1–10 so you have strong legs for the finish.
- **In-race hydration:** Take water/electrolytes at aid stations and fuel every 40 mins.
- **Anti-Chafing & Socks:** Wear technical running socks with your orthotics to keep feet dry.
- **Celebrate:** You've put in 12 weeks of dedication — enjoy every single meter crossing that finish line!