My last month, as a plan

Four weeks I actually ran on the way to a sub-32 10K: every session, my real heart-rate numbers, and what I'd change. Built so you can copy the structure with your own zones.

24	229	19	81%
runs	kilometres	hours	of the time easy

Inside

Page 2: how to set your zones, RPE and 80/20 in five minutes.
Pages 3-4: the four weeks, day by day, with what I'd change.
Page 5: what the month did, in charts.
Page 6: six rules to copy.
Page 7: if you want the next month built for you.

Who I am. Roman Efimov, 37, running coach. Heart rate from a chest strap, second by second. Dates: 21.09-18.10.2026. Goal: 10 km in 32:00.

HOW TO READ IT

Three numbers run this plan

1 **Heart-rate zones, from your own data**

Take your resting heart rate (morning, still in bed) and your real max (the end of a race or a hard hill session, not 220 minus age). The gap between them is your heart-rate reserve. Easy is below rest + 0.70 × reserve. Hard is above rest + 0.80 × reserve. Mine: 46 at rest, 209 max, so easy is under 160 and hard is over 176.

2 **80/20**

At least 80% of your weekly running time stays easy. The rest is where the speed comes from. Most of us run our easy days too fast, and then the hard days are not hard enough.

3 **RPE, how hard it felt**

After every run, one number from 1 to 10 for the whole session. Heart rate is slow on short reps, feel is not, so I log both. I started logging RPE on 10.10, so the first weeks have none.

TRIMP is training load from heart rate: minutes weighted by how high your heart rate sits between rest and max. Hard minutes count for more. It is the weekly number in each week header.

Example for a different runner. Resting 55, max 185, so the reserve is 130. Easy is under 55 + 0.70 × 130 = 146. Hard is over 55 + 0.80 × 130 = 159. Same plan, their numbers.

In the week tables, the bar shows each run's minutes by zone:

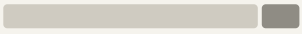
easy, under 160 · moderate, 160-176 · hard, over 176

THE FOUR WEEKS

easy, under 160 · moderate, 160-176 · hard, over 176

Week 1 21.09-27.09.2026

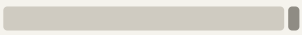
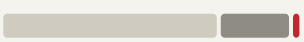
7 runs · 63.3 km · 5 h 25 min · 88% easy · TRIMP 381

Mon	**Easy run** 47 min	8.7 km 5:22/km	131 avg HR	
Tue	**Easy run** 47 min	8.9 km 5:20/km	132 avg HR	
Wed	**Fast run (14 min above 176)** 37 min	8.4 km 4:27/km	159 avg HR	
Thu	**Easy run** 46 min	9.1 km 5:01/km	138 avg HR	
Fri	**Easy run** 37 min	7.2 km 5:10/km	132 avg HR	
Sat	**Long easy run** 1 h 12 min	14.0 km 5:07/km	143 avg HR	
Sun	**Easy run** 39 min	7.0 km 5:31/km	135 avg HR	

What I'd change: Seven runs in seven days. Next time: one full rest day, the week gets better for it.

Week 2 28.09-04.10.2026

5 runs · 55.2 km · 4 h 38 min · 74% easy · TRIMP 366

Mon	**Easy run** 45 min	8.6 km 5:13/km	136 avg HR	
Tue	**Easy run** 47 min	8.6 km 5:29/km	129 avg HR	
Wed	**Long run that turned into a tempo** 1 h 40 min	20.8 km 4:49/km	157 avg HR	
Thu	Rest			
Fri	**Easy run** 46 min	8.6 km 5:19/km	130 avg HR	
Sat	Rest			
Sun	**Steady run** 40 min	8.5 km 4:44/km	148 avg HR	

What I'd change: The 20.8 km long run had 57 minutes above 160. A long run should stay easy; tempo gets its own day.

easy, under 160 · moderate, 160-176 · hard, over 176

Week 3 05.10-11.10.2026

6 runs · 54.5 km · 4 h 50 min · 84% easy · TRIMP 351

Mon	**Easy run** 50 min	9.3 km 5:23/km	133 avg HR	
Tue	**Easy run** 40 min	7.1 km 5:40/km	131 avg HR	
Wed	**46 min steady, then 5 × 35 s fast with 2 min easy between** 1 h 05 min	13.0 km 4:59/km	153 avg HR	
Thu	**Easy run** 48 min	8.6 km 5:33/km	128 avg HR	
Fri	**Easy run** 45 min	8.6 km 5:17/km	129 avg HR	
Sat	**Intervals: 4 × 2:35 hard, 3:20 to 3:56 easy jog between** 42 min · RPE 8.5	8.0 km 5:11/km	157 avg HR	
Sun	Rest			

What I'd change: Two hard sessions three days apart, everything else easy. This is the week I'd copy.

Week 4 12.10-18.10.2026

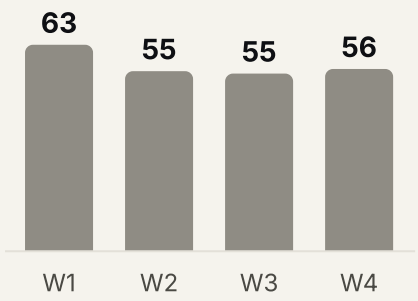
6 runs · 56.0 km · 4 h 58 min · 78% easy · TRIMP 374

Mon	**Recovery run** 41 min · RPE 3	7.5 km 5:28/km	134 avg HR	
Tue	**Talk-test ladder: 5 × 4 min, a little faster each step** 44 min · RPE 5	8.9 km 4:59/km	141 avg HR	
Wed	**Easy run** 53 min · RPE 3	9.7 km 5:26/km	131 avg HR	
Thu	**Hill repeats: 8 × about 55 s uphill, easy back down** 57 min · RPE 8	8.0 km 7:10/km	140 avg HR	
Fri	**Easy run** 33 min · RPE 3	5.8 km 5:36/km	127 avg HR	
Sat	**Long run, cap 155 bpm** 1 h 10 min · RPE 5	16.0 km 4:24/km	160 avg HR	
Sun	Rest			

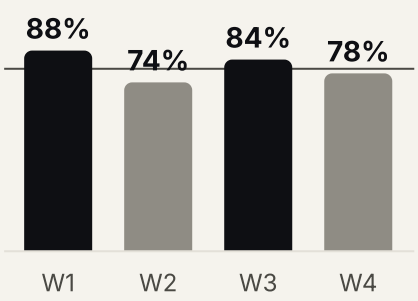
What I'd change: The long run felt like a 5 out of 10, yet 55 minutes sat above my cap. Feel alone is not enough on long runs.

Four weeks in charts

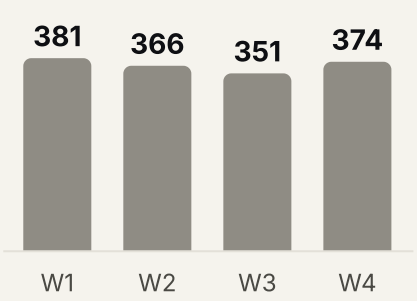
Kilometres per week



Time easy (line = 80% goal)

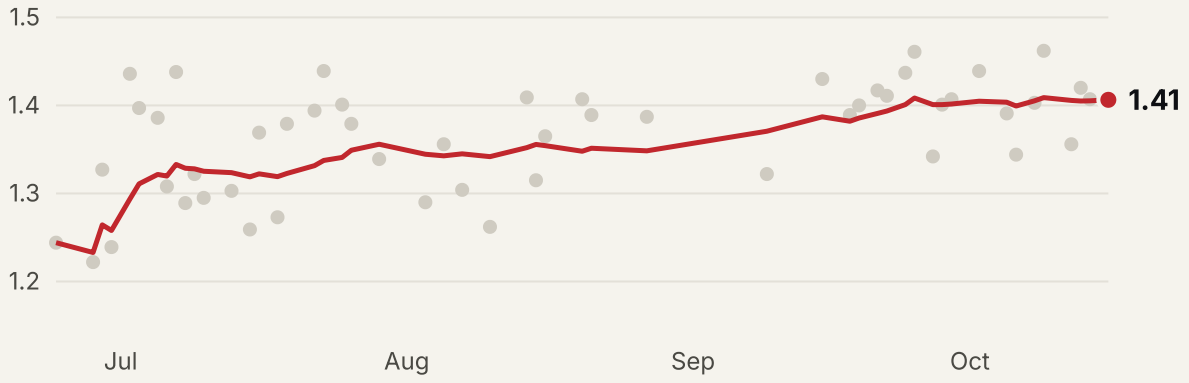


Training load per week (TRIMP)



Aerobic efficiency on easy runs

Metres per minute per heartbeat, on grade-adjusted pace. Higher means the same heart rate buys more speed. Dots are easy days, the line is the 28-day average.



From 1.24 in late June to 1.41 now. Mostly easy running, a little hard, done for months: that is what moves this line.

USE IT YOURSELF

Six rules I'd keep

1 **Set zones from your data**

Resting and max heart rate from your watch, then the formula on page 2. Recheck when your fitness changes.

2 **Keep 80% of the time easy**

Count minutes, not runs. My best week here (week 3) had two hard sessions and nothing else hard.

3 **Two hard sessions a week at most**

With at least two easy days between them.

4 **Long runs stay easy**

Put a heart-rate cap on them and check it during the run. My two long-run misses are on pages 3 and 4.

5 **Grow the long run slowly**

Overuse injuries rise when a single run is more than 10% longer than your longest of the last 30 days (Frandsen 2025).

6 **Rate every run**

RPE 1 to 10, half an hour after. When an easy run starts to feel hard, look at sleep, stress and heat before you add more.

Your numbers

```
Resting heart rate ________   Max heart rate ________

Reserve = max - resting ________

Easy under = resting + 0.70 × reserve ________

Hard over = resting + 0.80 × reserve ________
```

Not sure about your max yet? The free easy-zone calculator on my site gives a starting point: **veloxrun.duckdns.org**

NEXT MONTH

Want the next month built for you?

This plan is mine. Yours depends on your zones, your week and your race. Three ways I can help:

Ready 4-week plan

The same structure as this one, in minutes and effort, for 4 to 6 runs a week. You set it with your own zones.

$29
one month

Personal 4-week plan

Built around your heart-rate zones, your schedule and your goal race.

$59
one month

Monthly coaching, one to one

Your watch connected through Intervals.icu, sessions sent to it, a weekly check-in and an 80/20 report every week. Individual coaching is priced differently from the plans because I adjust it every week.

$79
per month · first three runners $49

Write me on Telegram: @efimov44

Tell me your goal and how many days a week you run. I reply within a day.

If this plan helped, follow me on Instagram **@roma_luxemburg**. I share my running there too.

How it starts

1. **Message me**
   Your goal, your recent race time and how many days a week you can run.
2. **We agree what fits**
   A ready plan, a personal plan or coaching. You pay only after we agree.
3. **You run it**
   Your plan in minutes and effort, with your own zones. With coaching, I check your week every week.