

PERFORMANCE PROFILE

YOUR RUNNING PERFORMANCE PROFILE

YOUR GOAL

10K in under 50 minutes

Eight-week focus | four runs + two short strength sessions | up to five hours per week

YOUR STARTING POINT

CURRENT 10K

52:00

5:12 per km

AEROBIC CAPACITY

45.0

mL/kg/min

JUMP HEIGHT

30.0

cm

YOUR PERFORMANCE HEADLINE

Make your target pace feel more controlled.

The time gap is just over two minutes. Focus on steady pacing and repeatable training; use strength and running feedback to support the goal.

AGE 35 | HEIGHT 178 cm | BODY MASS 75.0 kg

BASELINE: 8 SEPTEMBER 2026 | REVIEW: 3 NOVEMBER 2026

THE INSIGHT

Build control at the pace your goal needs.

Your current 10K pace is 5:12 per km. Breaking 50 minutes means averaging just faster than 5:00 per km. The aim is to hold that pace across the whole distance, not simply reach it in a short test.

CURRENT 10K

52:00

current personal best

TARGET 10K

<50:00

eight-week goal

PACE GAP

>12 sec

per kilometre

WEEKLY BUDGET

5 hours

including strength

WHAT THE RESULTS TELL US

Target pace is the useful focus.

At 12 km/h (5:00 per km), lactate is 2.4 mmol/L. It rises more quickly at faster speeds. That makes sustained pace control a more useful first training focus than chasing a faster peak test.

WHAT THIS MEANS

Train for repeatability.

Keep most running comfortable. Use one controlled faster session each week, then practise an even pace when you are fresh.

YOUR THREE PRIORITIES

01**Pace control**

Build time at a controlled effort without fading.

02**Running strength**

Make two short strength sessions a regular habit.

03**A strong finish**

Track whether pace and movement hold up late in a run.

THE INSIGHT

Faster running brings a sharper rise in demand.

Your blood lactate rises gradually at first, then more quickly above 12 km/h. Your muscle oxygen reading falls as the stages get faster. Together, these describe the response to increasing effort.

PEAK OXYGEN UPTAKE

45.0

mL/kg/min

TARGET PACE

5:00

min/km at 12 km/h

PEAK HEART RATE

180

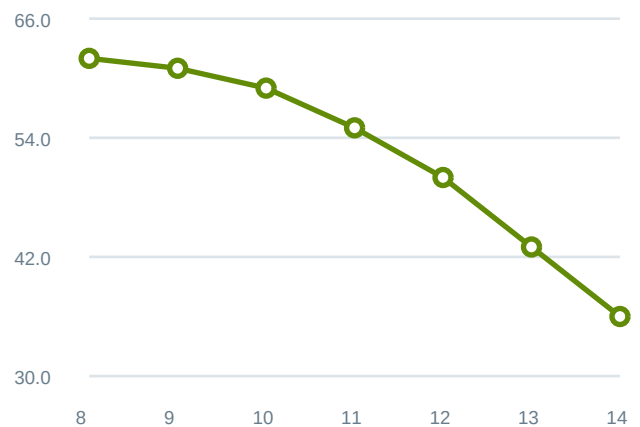
beats per minute

Blood lactate

mmol/L | speed in km/h

**Muscle oxygen**

% oxygen saturation | speed in km/h



WHY IT MATTERS

A short stage is a starting point.

You reached target pace in the test. The next task is to make that pace sustainable for longer. A four-minute stage cannot tell us your full-race endurance.

YOUR ACTION

Start with controlled blocks.

Use the weekly faster session on page 7. Finish each repetition with something in reserve; increase time before increasing speed.

THE INSIGHT

Build strength without chasing perfect symmetry.

Your right side produced slightly more force in each test. These results do not identify an injury. Train both legs consistently and use your next assessment to review changes in strength and control.

JUMP HEIGHT

30.0

cm

JUMP FORCE DIFFERENCE

3.2%

relative to stronger side

ANKLE MOVEMENT

18 / 19

degrees | left / right

LEFT-RIGHT FORCE COMPARISON

LEFT

RIGHT

Each pair has its own scale. Compare left with right within the same test.

Jump: peak upward force**Ankle: pushing the foot down****Ankle: lifting the foot up**

YOUR ACTION

Two short sessions a week.

Include a split squat or step-up, a hip hinge and calf raises. Use a load you can control, and train both sides evenly.

PROGRESS CHECK

Better control, then more load.

Record the exercise, load and repetitions. Progress when technique stays consistent; repeat the same jump and ankle tests after the block.

THE INSIGHT

Keep the even rhythm. Check the late-run pattern.

Your ground-contact times are even, with slightly higher impact on the right. Keep your natural running rhythm. At your next review, we can compare how you move at the start and end of a run.

CADENCE

170

steps per minute

TIME ON GROUND

250 / 250

milliseconds | left / right

TIME IN THE AIR

103 / 103

milliseconds | left / right

IMPACT MAGNITUDE

LEFT

**5 g**

RIGHT

**5.2 g**

YOUR ACTION

No forced cadence target.

Keep your usual rhythm. Compare the start and finish of a steady run at the same speed before changing your technique.

VIDEO ANGLES | LEFT / RIGHT

PELVIS

2.0 / 2.2

degrees

KNEE

-1.0 / 1.0

degrees

FOOT

-1.5 / -1.2

degrees

WHAT SUCCESS LOOKS LIKE

A steadier finish at the same pace, with comfortable movement. Use video and sensor feedback together; do not chase a single angle or impact number.

THE INSIGHT

Build the stamina to hold your target pace.

Your main focus is holding a steady pace for longer. Use one controlled faster run each week, supported by easy running and two short strength sessions.

01 Hold a controlled pace for longer

Your target is over 12 seconds per km faster than your current 10K.

ACTION One controlled faster session each week; build its duration gradually.

02 Make strength a weekly habit

Jump and ankle results provide a clear starting point for comparison.

ACTION Two short sessions, with equal work on both sides and recorded loads.

03 Protect the finish of your run

Your timing is even at the tested speed. The next step is checking how you run when tired.

ACTION Run evenly, log how the final third feels and repeat video at matched speed.

KEEP THE GOAL IN VIEW

Body composition and sweat results add context. They do not make weight loss or a new hydration strategy the main priority for this 10K block.

THE INSIGHT

A simple week you can repeat.

Keep easy runs conversational. The faster session should feel controlled, with a short phrase still possible. If the effort rises sharply or your form fades, slow down or shorten the session.

YOUR WEEKLY TRAINING PLAN

MON	Rest	Recovery and normal daily movement	-
TUE	Controlled run	10 min easy; 3 x 6 min controlled / 2 min easy; cool down	40 min
WED	Easy + strength	Conversational run; 25 min full-body strength	60 min
THU	Rest	No catch-up session needed	-
FRI	Easy + strength	Comfortable run; 25 min full-body strength	55 min
SAT	Rest	Keep the next run fresh	-
SUN	Long easy run	Even, conversational effort throughout	60 min

BUILD THE BLOCK

WEEKS 1-2

Settle in

Repeat the week. Learn the right effort.

WEEKS 3-4

Extend

Build to 3 x 8 min if recovery is good.

WEEKS 5-6

Practise

Try short blocks near 5:00/km; stay controlled.

WEEKS 7-8

Freshen

Reduce load before your 10K and retest.

YOUR WEEKLY CHECK

Consistency before extra volume.

This starting week totals 3 h 35 min. Keep spare time for recovery. Progress one part at a time; repeat a week if you are not recovering well.

THE INSIGHT

Check what changed, then choose the next step.

The most useful result is progress towards your goal. We will review your race, training record and repeat tests together to agree your next priorities.

EVERY WEEK

Record effort, pace and recovery.

Log completed sessions, the pace of your controlled work, how the final third feels and whether you feel ready for the next session.

AFTER EIGHT WEEKS

Review your 10K and repeat key tests.

Compare finish time and kilometre splits. Repeat lactate stages, muscle oxygen, jump and ankle tests, plus running video at the same speed.

SUCCESS MARKERS

Faster, steadier and repeatable.

Aim for under 50 minutes, without a large late-race fade. At repeat test speeds, compare lactate and effort. Review strength and movement changes alongside how you feel.

Your review: 3 November 2026. Use similar preparation, equipment and conditions. If the goal is not reached, use the training record and repeat results to adjust the next block.

THE INSIGHT

Your starting measurements in one place.

Read across each row to see how your heart rate, lactate and muscle oxygen changed with speed. Each stage lasted four minutes. Your peak oxygen uptake was measured in a separate test.

SPEED	PACE / km	HR bpm	LACTATE	SmO2 %
8 km/h	7:30	112	1	62
9 km/h	6:40	120	1.1	61
10 km/h	6:00	129	1.3	59
11 km/h	5:27	138	1.7	55
12 km/h	5:00	149	2.4	50
13 km/h	4:37	161	3.6	43
14 km/h	4:17	172	5.2	36

Lactate: mmol/L | muscle oxygen sensor: left front thigh (vastus lateralis)

PEAK OXYGEN UPTAKE

45.0

mL/kg/min

ABSOLUTE OXYGEN

3.375

litres per minute

PEAK HEART RATE

180

beats per minute

READING THE DATA

A curve shows a response, not a race prediction.

These results show how your body responds as running gets faster. Use the effort guidance in your plan rather than treating a single lactate or heart-rate reading as a training limit.

THE INSIGHT

Support your training with consistent fuelling.

Your body composition is a starting point for future comparison. Your sweat results show the fluid and sodium lost during this running session.

BODY COMPOSITION

**15.0 kg fat mass****60.0 kg lean mass**

20.0% body fat | body composition

SWEAT SESSION

60 minutes of running

20 degrees C | 50% relative humidity. Estimated losses for this session.

ESTIMATED SWEAT RATE

1.00

L/h

Sodium concentration

1,000 mg/L

SESSION LOSS

1.00 L fluid**1,000 mg sodium**

YOUR HYDRATION PRIORITY

On longer runs, record what you drink and how you feel. Your needs will vary with the weather and effort; this sweat reading is not a target to replace every drop.

THE INSIGHT

See the body. Understand the movement.

Scan views show body shape from several angles. Anatomy illustrations make the movement measures easier to understand; they complement the numerical profile.

FIT3D | BODY SCAN VIEWS



FRONT



OBLIQUE



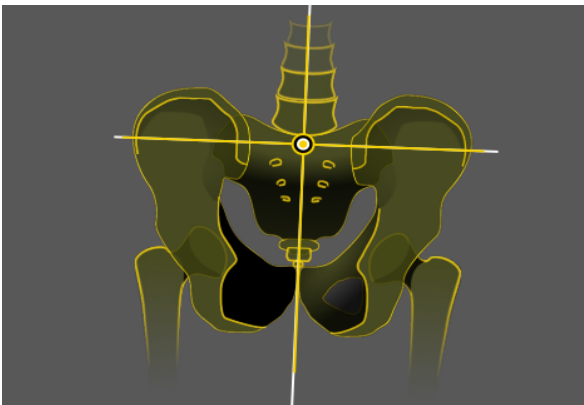
BACK



SIDE

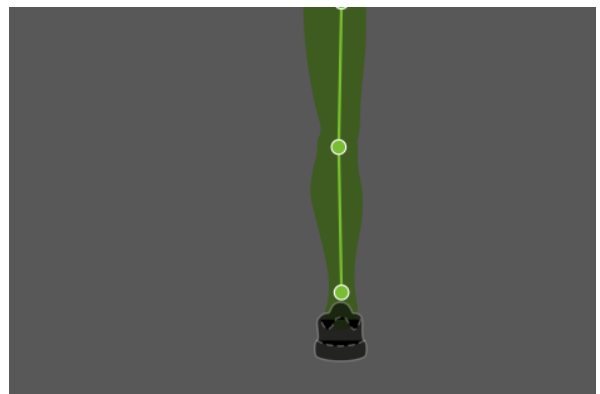
Body scan reference views.

OCHY | PELVIC ALIGNMENT



Pelvis orientation reference

OCHY | KNEE ALIGNMENT



Hip-knee-ankle reference

YOUR BODY IN VIEW

Use these reference views to understand the scan and movement measures discussed in your assessment.

THE INSIGHT

Your goal, your starting point, your commitment.

Your plan is built around a sub-50-minute 10K, four runs a week and time for recovery. These are the commitments we will revisit at your progress review.

YOUR GOAL BRIEF

1. What do you want to achieve?

Run 10K in under 50 minutes by 3 November 2026.

2. Where are you starting?

Recent 10K: 52:00. Running four times a week; strength is less regular.

3. Why does this matter to you?

Finish feeling in control and set a clear personal best.

4. What can you commit to?

Up to five hours weekly; four runs and two short strength sessions.

5. What needs to shape the plan?

Keep the week manageable around work. Train on Tuesday, Wednesday, Friday and Sunday; use simple gym equipment for strength.

6. How will we judge progress?

10K time, even pacing, sessions completed, recovery and repeat test results.

YOUR COMMITMENT

Make the plan fit your life.

Keep a short weekly record of training, effort and recovery. If your time or circumstances change, adjust the week and keep the main goal in view.