

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1.	4mi. easyrun	crosstrain	5mi. easyrun	crosstrain	rest	Vo2max test	crosstrain
2.	7.5 mi. longrun	crosstrain	12*400m/1'30" rest	crosstrain	rest	7.5mi. longrun	crosstrain
3.	6mi. easyrun + 1.5mi. temporun	crosstrain	10*500m/1'30" rest	crosstrain	7.5mi. longrun	rest	5mi. easyrun
4.	crosstrain	5mi. easyrun	crosstrain	4*1/2mi./3' rest	rest	7.5mi. progressive run	crosstrain
5.	7.5mi longrun	crosstrain	6*1/2mi./3' rest	rest	6mi. temporun	crosstrain	8.5mi. longrun
6.	crosstrain	7.5mi. longrun	rest	3*1mi./3' rest	crosstrain	9mi. longrun	crosstrain
7.	7.5mi. longrun	rest	7*1/2mi./3' rest	crosstrain	4mi. easyrun + 2mi. temporun	crosstrain	6mi. easyrun + 3.5. temporun
8.	rest	5mi. easyrun	crosstrain	6*500m/1'30" rest + 10*200/1'30" rest	crosstrain	Vo2max test	rest
9.	8.5mi. long run	crosstrain	8*1/2mi./3' rest	crosstrain	7.5mi. progressive run	rest	10mi. longrun
10.	crosstrain	6mi. easyrun	crosstrain	3*1mi./3' rest + 2*1/2mi./3' rest	rest	6mi. easyrun + 3mi. temporun	crosstrain
11.	8.5mi. longrun	crosstrain	4*1mi./3' rest	rest	4mi. easyrun + 4mi. progressive run	crosstrain	4min. easyrun + 2*2.5mi. temporun
12.	crosstrain	5mi. easyrun	rest	3*500m/1'30" rest + 3*400m/1'30" rest + 3*300m/1'30" rest + 1*1/2mi.	crosstrain	Vo2max test	crosstrain
13.	7.5mi. longrun	rest	1*1mi/3' rest + 6*1/2mi	crosstrain	7.5mi. progressive run	crosstrain	7.5.mi longrun + 4mi. temporun
14.	rest	6mi. easyrun	crosstrain	1*2mi./3' rest + 2*1mi./3' rest + 2*1/2mi.	crosstrain	6mi. temporun	rest
15.	5mi. easyrun	rest	4*1/2mi./3' rest	rest	rest	rest	RACE

Legend: mi.:miles; m.: metres.

Warmup for 10minutes before easyrun, progressive run and longrun, then cooldown for 5minutes.

Warmup for 15min. before temporun and intervals, then cooldown for 5minutes and walk for 5minutes.



THE RUNNING JOURNEY
RUN. EAT. TRAIN. DISCOVER NATURE.