

1st Week

Tuesday



3km Warm up
5 x 10" strides
TEST 10KM at maximum speed.

Wednesday



12km slow run and recovery.

Friday



12km in progression. Slow run, then 10" slower every 3km. in the last 3km run faster than the test 10km made on Tuesday.

Sunday



18Km long run in the hills
20"- 30" per Km slower than the 10Km first test