

## 11th Week

**Tuesday**



10km slow run

**Wednesday**



2 km warm up + 5x 10" strides + 4x 2 km (10" slower than the 10 km test) + 3' slow run recovery + 10' cooling down

**Friday**



12km in progression. Slow run, then start to slow down of 10" from the the 3<sup>rd</sup> km. In the last 3km run faster than the test 10km made on Tuesday, 4th.

**Sunday**



36Km slow long run almost at marathon pace (max 5'50" - 6' per km)