

## 12th Week

**Tuesday**



10km slow run

**Wednesday**



2 km warm up + 5x 10" strides + 2x 5 km (10"-15" slower than the marathon pace) + 3' slow run recovery + 10' cooling down

**Friday**



15km 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**



21Km half marathon at marathon pace (5'30"-5'35" per km)