

13th Week

Tuesday



10km slow run

Wednesday



2 km warm up + 5x 10" strides + 2x 7 km (10" slower than the marathon pace) + 3' slow run recovery + 10' cooling down

Friday



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

Sunday



12Km at marathon pace (5'30"-5'35" per km)