

## 2nd Week

**Tuesday**



10km slow run

**Wednesday**



2 km warm up + 5x 10" strides + 10x 1' fast run / 2' slow run + 10' cooling down  
FAST RUN: 10" slower than the 10Km test  
SLOW RUN: 15" faster than the 10Km test

**Friday**



15km in progression. Slow run, then 10" slower every 3km. in the last 3km run faster than the test 10km made on Tuesday, 24th

**Sunday**



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