

3rd 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"- 30" per Km slower than the 10Km first test