

4th Week

Tuesday



12km slow run

Wednesday



2 km warm up + 5x 10" strides + 10x 2' 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



3 km warm up + 10x 100mt uphill strides (max 6-7% inclination) +
1 km at maximum speed + 10' cooling down

Sunday



15Km medium speed run
10" per Km slower than the 10Km first test