

6th Week

Tuesday



12km slow run

Wednesday



2 km warm up + 5x 10" strides + 10KM TEST AT MAXIMUM SPEED

Friday



15km 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



21Km Half Marathon at the marathon rhythm (5'35" per km)