

7th Week

Tuesday



10km slow run

Wednesday



2 km warm up + 6x 1 km (10" slower than the 10 km test) + 3' recovery + 10' cooling down

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



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