

9th Week

Tuesday



10km slow run

Wednesday



2 km warm up + 5x 10" strides + 8x 1 km (10" slower than the 10 km test) + 3' slow run recovery + 10' cooling down

Friday



12km 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



25Km slow long run almost at marathon pace (max 5'50" - 6' per km)