

13th Week

Tuesday



12Km run
10x 100mt + 100mt cooling down

Wednesday



3x3000 mt marathon rhythm (4')

Friday



15 Km slow run

Sunday



15 Km run marathon rhythm

8th Week

Tuesday



12 Km slow run

Wednesday



8 x 1000m rec 4 min.

Friday



12 Km slow run

Sunday



21 Km with marathon rhythm