

1. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		40-70min	no rest	
2.Session	Tempo Run	80-90%		20-30min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		40-70min	no rest	
4.Session	Intervals	90%	2 sets: 10x200m		100m easy jog between reps. 5min easy jog between sets	Dont forget the warmup and cooldown. Pace should be consistent in every interval.
2. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		45-75min	no rest	
2.Session	Intervals	90%	4 sets: 4x400m		200m easy jog between reps. 4min easy jog between sets	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		45-75min	no rest	
4.Session	Tempo Run	80-90%		20-30min	no rest	Dont forget the warmup and cooldown
3. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		50-80min	no rest	
2.Session	Tempo Run	80-90%		25-35min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		50-80min	no rest	
4.Session	Intervals pyramid	90%	200m-400m-600m -800m-600m -400m-200m		rest half of the next distance at an easy pace. (200-300-400-300-200-100)	Dont forget the warmup and cooldown
4. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		55-85min	no rest	
2.Session	Tempo Run	80-90%		25-35min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		55-85min	no rest	
4.Session	Intervals	90%	3 sets: 3x600m		300m easy jog between reps. 4min easy jog between sets	Dont forget the warmup and cooldown
5. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		60-90min	no rest	
2.Session	Intervals	90%	2 sets: (1000m-800m -600m-400m)		rest half of the next distance at an easy pace. (400m-300m-200m) And take a full rest between sets	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		60-90min	no rest	
4.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
Deload week 6						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	REKOM	50%		30-60min	no rest	
2.Session	Stretch			30min		you should do this also in training weeks!!
3.Session	Basic Endurance	65-75%		45-75min	no rest	
4.Session	REKOM	50%		30-60min	no rest	

7. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		50-80min	no rest	
2.Session	Tempo Run	80-90%		25-35min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		50-80min	no rest	
4.Session	Intervals	90%	3 sets: 8x200m		100m easy jog between reps. 4min easy jog between sets	Dont forget the warmup and cooldown
8. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		55-85min	no rest	
2.Session	Intervals	90%	3 sets: 6x400m		200m easy jog between reps. 3min easy jog between sets	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		55-85min	no rest	
4.Session	Tempo Run	80-90%		25-35min	no rest	Dont forget the warmup and cooldown
9. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		60-90min	no rest	
2.Session	Tempo Run	80-90%		25-35min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		60-90min	no rest	
4.Session	Intervals	90%		4x4min	rest until your heart rate is under 130bpm.	Dont forget the warmup and cooldown. Pace should be constant every interval.
10. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		65-90min	no rest	
2.Session	Intervals pyramid	90%	200m-400m-600m -800m-1000m-800m -600m-400m-200m		rest half of the next distance at an easy pace. (200-300-400-500-400-300-200-100)	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		65-90min	no rest	
4.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
11. Week						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		70-100min	no rest	
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		70-100min	no rest	
4.Session	Intervals	90%	3 sets: (1000m-800m -600m-400m)		rest half of the next distance at an easy pace. (400m-300m-200m) And take a full rest between sets	Dont forget the warmup and cooldown
Deload week 12						
Session	Training	Intensity	Distance	Time	Rest	Notes
1.Session	REKOM	50%		30-60min	no rest	
2.Session	Stretch			30min		you should do this also in training weeks!!
3.Session	Basic Endurance	65-75%		45-75min	no rest	
4.Session	REKOM	50%		30-60min	no rest	