

1. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		60-70min	no rest	
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		60-70min	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.
5. Session	Basic Endurance	65-75%		40-50min	no rest	
2. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		60-70min	no rest	
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		60-70min	no rest	
4.Session	Intervals	90%	4 sets: 4x400m		200m easy jog between reps. 4min easy jog between sets	Dont forget the warmup and cooldown. Pace should be consistent in every interval.
5. Session	REKOM	50%		30-60min	no rest	
3. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		60-70min	no rest	
2.Session	Tempo Run	85-95%		20-30min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		60-70min	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. Pace should be consistent in every interval.
5. Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
4. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		60-70min	no rest	
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		60-70min	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. Pace should be consistent in every interval.
5. Session	REKOM	50%		30-60min	no rest	
5. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		60-70min	no rest	
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		60-70min	no rest	
4.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. Pace should be consistent in every interval.
5. Session	Basic Endurance	65-75%		40-50min	no rest	
Deload week 6	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	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		70-90min	no rest	
2.Session	Tempo Run	85-95%		20-30min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		70-90min	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. Pace should be consistent in every interval.
5. Session	Basic Endurance	65-75%		40-50min	no rest	
8. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		70-90min	no rest	
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		70-90min	no rest	
4.Session	Intervals	90%	3 sets: 6x400m		200m easy jog between reps. 3min easy jog between sets	Dont forget the warmup and cooldown. Pace should be consistent in every interval.
5. Session	REKOM	50%		30-60min	no rest	
9. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		70-90min	no rest	
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		70-90min	no rest	
4.Session	Intervals	90%		4x4min	rest until your heart rate is under 130bpm.	Dont forget the warmup and cooldown. Pace should be consistent in every interval.
5. Session	Tempo Run	85-95%		20-30min	no rest	Dont forget the warmup and cooldown
10. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		70-90min	no rest	
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		70-90min	no rest	
4.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. Pace should be consistent in every interval.
5. Session	REKOM	50%		30-60min	no rest	
11. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		70-120min	no rest	
2.Session	Tempo Run	85-95%		20-30min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		70-120min	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.
5. Session	Basic Endurance	65-75%		40-50min	no rest	
Deload week 12	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	