1. Week	Training	Intensity	Distance	Time	Rest	Notes	7. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		60-70min	no rest		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	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		3.Session	Basic Endurance	65-75%		70-90min	no rest	
4.Session	Intervalls	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 intervall.	4.Session	Intervalls	90%	3 sets: 8x200m		100m easy jog between reps. 4min easy jog between sets	Dont forget the warmup and cooldown Pace should be consis in every intervall.
5. Session	Basic Endurance	65-75%		40-50min	no rest		5. Session	Basic Endurance	65-75%		40-50min	no rest	
2 Week	Training	Intensity	Distance	Time	Rest	Notes	8 Week	Training	Intensity	Distance	Time	Rest	Notes
Z. 1100K			Distance			Notes	O. WCCK			Distance		-	Notes
1.Session	Basic Endurance Tempo Run	65-75% 80-90%		60-70min 30-40min	no rest	Dont format the	1.Session	Basic Endurance	65-75% 80-90%		70-90min 30-40min	no rest	Don't format the
2.Session					no rest	Dont forget the warmup and cooldown	2.Session	Tempo Run				no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		60-70min	no rest		3.Session	Basic Endurance	65-75%		70-90min	no rest	
4.Session	Intervalls	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 intervall.	4.Session	Intervalls	90%	3 sets: 6x400m		200m easy jog between reps. 3min easy jog between sets	Dont forget the warmup and cooldown Pace should be consis in every intervall.
5. Session	REKOM	50%		30-60min	no rest		5. Session	REKOM	50%		30-60min	no rest	
3 Week	Training	Intensity	Distance	Time	Rest	Notes	Q Mook	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%	Distance	60-70min	no rest	Notes	1.Session	Basic Endurance	65-75%	Distance	70-90min	no rest	Notes
2.Session	Tempo Run	85-95%		20-30min	no rest	Dont forget the	2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the
3.Session	Basis Fastanas	65-75%		60-70min		warmup and cooldown	3.Session	D1- F1	65-75%		70-90min		warmup and cooldowr
Session A.Session	Basic Endurance	90%	200m-400m-600m		no rest	Don't format the	3.Session 4.Session	Basic Endurance Intervalls	90%		70-90min 4x4min	no rest	Doot format the
4.Session	Intervalls pyramid	90%	-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 intervall.	4.Session	intervalis	90%		4x4min	rest until your heart rate is under 130bpm.	Dont forget the warmup and cooldown Pace should be consis in every intervall.
5. Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown	5. Session	Tempo Run	85-95%		20-30min	no rest	Dont forget the warmup and cooldown
4 Week	Training	Intensity	Distance	Time	Rest	Notes	10 Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%	Distance	60-70min	no rest	140103	1.Session	Basic Endurance	65-75%	Distance	70-90min	no rest	Notes
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the	2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the
3.Session	Basic Endurance	65-75%		60-70min	no rest	warmup and cooldown	3.Session	Basic Endurance	65-75%		70-90min	no rest	warmup and cooldown
4.Session	Intervalls	90%	3 sets: 3x600m	00-7011111	300m easy jog between reps. 4min easy jog between sets	Dont forget the warmup and cooldown. Pace should be consistent in every intervall.	4.Session	Intervalls pyramid	90%	200m-400m-600m -800m-1000m-800m -600m-400m-200m	70-9011111	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 consis in every intervall.
5. Session	REKOM	50%		30-60min	no rest	in every intervall.	5. Session	REKOM	50%		30-60min	no rest	in every intervall.
5. Week	Training	Intensity	Distance	Time	Rest	Notes	11. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		60-70min	no rest		1.Session	Basic Endurance	65-75%		70-120min	no rest	
2.Session	Tempo Run	80-90%		30-40min	no rest	Dont forget the warmup and cooldown	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		3.Session	Basic Endurance	65-75%		70-120min	no rest	
4.Session	Intervalls	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 intervall.	4.Session	Intervalls	90%	2 sets: 10x200m		100m easy jog between reps. 5min easy jog between sets	Dont forget the warmup and cooldown Pace should be consis in every intervall.
5. Session	Basic Endurance	65-75%		40-50min	no rest		5. Session	Basic Endurance	65-75%		40-50min	no rest	
	Training	Intensity	Distance	Time	Rest	Notes	Deload week 12	Training	Intensity	Distance	Time	Rest	Notes
Deload week 6		50%		30-60min	no rest		1.Session	REKOM	50%		30-60min	no rest	
	REKOM							4					
Deload week 6 1.Session 2.Session	REKOM Stretch			30min		you should do this also in training weeks!!	2.Session	Stretch			30min		you should do this also training weeks!!
1.Session	_	65-75%		30min 45-75min	no rest	you should do this also in training weeks!!	2.Session 3.Session	Stretch Basic Endurance	65-75%		30min 45-75min	no rest	you should do this also training weeks!!