

1. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		20-40min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Basic Endurance	65-75%		20-40min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		20-40min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Basic Endurance	65-75%		20-40min	no rest	Try to run without a break Do not start too fast. keep the pace constant
3. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
4. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
5. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
3.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
Deload week 6	Training	Intensity	Distance	Time	Rest	Notes
1.Session	REKOM	50%		15-30min	no rest	Should feel very slow!
2.Session	Stretch			30min		you should do this also in training weeks!!
3.Session	Basic Endurance	65-75%		20-40min	no rest	Try to run without a break Do not start too fast. keep the pace constant

7. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Tempo Run	80-90%		20-30min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
8. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Tempo Run	80-90%		20-30min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		25-45min	no rest	Try to run without a break Do not start too fast. keep the pace constant
9. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		30-50min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Tempo Run	80-90%		20-30min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		30-50min	no rest	Try to run without a break Do not start too fast. keep the pace constant
10. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		35-55min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Tempo Run	80-90%		25-35min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		35-55min	no rest	Try to run without a break Do not start too fast. keep the pace constant
11. Week	Training	Intensity	Distance	Time	Rest	Notes
1.Session	Basic Endurance	65-75%		35-55min	no rest	Try to run without a break Do not start too fast. keep the pace constant
2.Session	Tempo Run	80-90%		25-35min	no rest	Dont forget the warmup and cooldown
3.Session	Basic Endurance	65-75%		35-55min	no rest	Try to run without a break Do not start too fast. keep the pace constant
Deload week 12	Training	Intensity	Distance	Time	Rest	Notes
1.Session	REKOM	50%		20-40min	no rest	Should feel very slow!
2.Session	Stretch			30min		you should do this also in training weeks!!
3.Session	Basic Endurance	65-75%		35-55min	no rest	Try to run without a break Do not start too fast. keep the pace constant