

W	Running #1	Running #2	Running #3
16	10-20 minut warm-up 3 x 1600m (4:45/km) -1min. RI 10 minut cool-down	3km easy (6:02/km) 3km @ ST (5:03/km) 3km easy (6:02/km)	21km @ MP +19sek./km (5:55/km)
15	1600m warm-up 4 x 800m (4:36/km) – 2min. RI 10 minut cool-down	1500m easy (6:02/km) 8km @ MP (5:36/km) 1500m easy (6:02/km)	24km @ MP + 28sek./km (6:04/km)
14	10-20 minut warm-up 1200m (4:40/km) 1000m (4:38/km) 800m (4:36/km) 600m (4:33/km) 400m (4:30/km) 200m (4:27/km) All with 200m RI 10 minut cool-down	1500m easy (6:02/km) 8km @ LT (5:21/km) 1500m easy (6:02/km)	27km @ MP +28sek./km (6:04/km)
13	10-20 minut warm-up 5 x 1000m (4:38/km) – 400m RI 10 minut cool-down	1500m easy (6:02/km) 7km @ MT (5:12/km) 1500m easy (6:02/km)	32km @ MP + 37sek./km (6:13/km)
12	10-20 minut warm-up 3 x 1600m (4:45/km) – 1 minuta RI 10 minut cool-down	3km easy (6:02/km) 5km @ ST (5:03/km) 2km easy (6:02/km)	29km @ MP + 28sek./km (6:04/km)
11	10-20 minut warm-up 2 x 1200m (4:40/km) – 2minuty RI 4 x 800m (4:36/km) – 2minuty RI 10 minut cool-down	8km @ MT (5:12/km)	32km @ MP + 28sek./km (6:04/km)
10	10-20 minut warm-up 6 x 800m (4:36/km) – 1:30 RI 10 minut cool-down	1500m easy (6:02/km) 10km @ LT (5:21/km) 1500m easy (6:02/km)	21km @ MP + 9sek./km (5:45/km)
9	10-20 minut warm-up 2 x (6 x 400m) (4:30/km) – 1:30 RI 2:30 RI between sets 10 minut cool-down	3km easy (6:02/km) 5km @ ST (5:03/km) 2km easy (6:02/km)	29km @ MP + 19sek./km (5:55/km)
8	10-20 minut warm-up 1600m (4:45/km) – 400m RI 3200m (5:00/km) – 800m RI 2 x 800m (4:36/km) – 400m RI 10 minut cool-down	1500m easy (6:02/km) 7km @ MT (5:12/km) 1500m easy (6:02/km)	32km @ MP +19sek./km (5:55/km)
7	10-20 minut warm-up 3 x (2 x 1200m) (4:40/km)–2min RI 4 minuty RI between sets 10 minut cool-down	16km @ MP (5:36/km)	24km @ MP + 12sek./km (5:48/km)
6	10-20 minut warm-up 1km (4:38/km) 2km (4:48/km) 1km (4:38/km) 1km (4:38/km) 400m RI 10 minut cool-down	2km easy (6:02/km) 8km @ MT (5:12/km)	32km MP + 19sek./km (5:55/km)
5	10-20 minut warm-up 3 x 1600m (4:45/km) – 400m RI 10 minut cool-down	16km @ MP (5:36/km)	24km @ MP + 6sek./km (5:42/km)
4	10-20 minut warm-up 10 x 400m (4:30/km) – 400m RI 10 minut cool-down	13km @ MP (5:36/km)	32km @ MP + 9sek./km (5:45/km)

W	Running #1	Running #2	Running #3
3	10-20 minut warm-up 8 x 800m (4:36/km) – 1:30 RI 10 minut cool-down	8km @ MT (5:12/km)	21km @ MP (5:36/km)
2	10-20 minut warm-up 5 x 1000m (4:38/km) – 400m RI 10 minut cool-down	3km easy (6:02/km) 5km @ ST (5:03/km) 2km easy (6:02/km)	16km @ MP (5:36/km)
1	10-20 minut warm-up 6 x 400m (4:30/km) – 400m RI 10 minut cool-down	5km @ MP (5:36/km)	MARATHON DAY 42.2km @ MP