

W	Running #1	Running #2	Running #3	Running #4	KM
16	10-20 minut warm-up 3 x 1600m (4:29/km) -1min. RI 10 minut cool-down	3km easy (5:47/km) 3km @ ST (4:48/km) 3km easy (5:47/km)	15-20km easy (5:47/km)	21km @ MP +19sek./km (5:39/km)	~60
15	1600m warm-up 4 x 800m (4:20/km) – 2min. RI 10 minut cool-down	1500m easy (5:47/km) 8km @ MP (5:20/km) 1500m easy (5:47/km)	15-20km easy (5:47/km)	24km @ MP + 28sek./km (5:48/km)	~59
14	10-20 minut warm-up 1200m (4:25/km) 1000m (4:22/km) 800m (4:20/km) 600m (4:18/km) 400m (4:15/km) 200m (4:12/km) All with 200m RI 10 minut cool-down	1500m easy (5:47/km) 8km @ LT (5:06/km) 1500m easy (5:47/km)	15-20km easy (5:47/km)	27km @ MP +28sek./km (5:48/km)	~68
13	10-20 minut warm-up 5 x 1000m (4:22/km) – 400m RI 10 minut cool-down	1500m easy (5:47/km) 7km @ MT (4:57/km) 1500m easy (5:47/km)	15-20km easy (5:47/km)	<b>PÓLMARATON WROCŁAWSKI</b>	~60
12	10-20 minut warm-up 3 x 1600m (4:29/km) – 1 minuta RI 10 minut cool-down	3km easy (5:47/km) 5km @ ST (4:48/km) 2km easy (5:47/km)	15-20km easy (5:47/km)	29km @ MP + 28sek./km (5:48/km)	~69
11	10-20 minut warm-up 2 x 1200m (4:25/km) – 2minuty RI 4 x 800m (4:20/km) – 2minuty RI 10 minut cool-down	8km @ MT (4:57/km)	15-20km easy (5:47/km)	<b>MARATON GÓR STOŁOWYCH (43km)</b>	~83
10	10-20 minut warm-up 6 x 800m (4:20/km) – 1:30 RI 10 minut cool-down	1500m easy (5:47/km) 10km @ LT (5:06/km) 1500m easy (5:47/km)	15-20km easy (5:47/km)	21km @ MP + 9sek./km (5:29/km)	~63
9	10-20 minut warm-up 2 x (6 x 400m) (4:15/km) – 1:30 RI 2:30 RI between sets 10 minut cool-down	3km easy (5:47/km) 5km @ ST (4:48/km) 2km easy (5:47/km)	15-20km easy (5:47/km)	29km @ MP + 19sek./km (5:39/km)	~69
8	10-20 minut warm-up 1600m (4:29/km) – 400m RI 3200m (4:41/km) – 800m RI 2 x 800m (4:20/km) – 400m RI 10 minut cool-down	1500m easy (5:47/km) 7km @ MT (4:57/km) 1500m easy (5:47/km)	15-20km easy (5:47/km) ewentualnie <b>Bieg Powstania</b>	32km @ MP +19sek./km (5:39/km)	~62
7	10-20 minut warm-up 3 x (2 x 1200m) (4:25/km)–2min RI 4 minuty RI between sets 10 minut cool-down	16km @ MP (5:20/km)	15-20km easy (5:47/km)	24km @ MP + 12sek./km (5:32/km)	~70

<b>6</b>	10-20 minut warm-up 1km (4:22/km) 2km (4:32/km) 1km (4:22/km) 1km (4:22/km) 400m RI 10 minut cool-down	2km easy (5:47/km) 8km @ MT (4:57/km)	15-20km easy (5:47/km)	32km MP + 19sek./km (5:39/km)	~72
<b>5</b>	10-20 minut warm-up 3 x 1600m (4:29/km) – 400m RI 10 minut cool-down	16km @ MP (5:20/km)	15-20km easy (5:47/km)	24km @ MP + 6sek./km (5:26/km)	~70
<b>4</b>	10-20 minut warm-up 10 x 400m (4:15/km) – 400m RI 10 minut cool-down	13km @ MP (5:20/km)	15-20km easy (5:47/km)	<b>PÓLMARATON WAŁBRZYSKI</b>	~64
<b>3</b>	10-20 minut warm-up 8 x 800m (4:20/km) – 1:30 RI 10 minut cool-down	8km @ MT (4:57/km)	15-20km easy (5:47/km)	21km @ MP (5:20/km)	~59
<b>2</b>	10-20 minut warm-up 5 x 1000m (4:22/km) – 400m RI 10 minut cool-down	3km easy (5:47/km) 5km @ ST (4:48/km) 2km easy (5:47/km)	15-20km easy (5:47/km)	16km @ MP (5:20/km)	~56
<b>1</b>	10-20 minut warm-up 6 x 400m (4:15/km) – 400m RI 10 minut cool-down	5km @ MP (5:20/km)	2km easy (5:47/km) Pełny luz	<b>MARATHON DAY 42.2km @ MP</b>	~59