

| Woche | Montag  | Dienstag     | Mittwoch                          | Donnerstag | Freitag                              | Samstag | Sonntag                    |
|-------|---------|--------------|-----------------------------------|------------|--------------------------------------|---------|----------------------------|
| 1     | Ruhetag | 6 km Locker  | 6 x 400m @ 5:00<br>400 Trabpause  | Ruhetag    | 6 km Locker<br>+ 3 Steigerungen      | Ruhetag | 12 km Longrun              |
| 2     | Ruhetag | 8 km Locker  | 6 x 600m @ 5:00<br>400 Trabpause  | Ruhetag    | 6 km Locker<br>+ 4 Strides           | Ruhetag | 14 km Longrun              |
| 3     | Ruhetag | 8 km Locker  | 5 x 800m @ 5:00<br>400 Trabpause  | Ruhetag    | 7 km Locker<br>+ 3x 1min Fahrtspiel  | Ruhetag | 16 km Longrun              |
| 4     | Ruhetag | 8 km Locker  | 6 x 800m @ 4:55<br>400 Trabpause  | Ruhetag    | 7 km Locker<br>+ 4 Steigerungen      | Ruhetag | 18 km Longrun              |
| 5     | Ruhetag | 10 km Locker | 5 x 1000m @ 4:55<br>400 Trabpause | Ruhetag    | 8 km Locker<br>+ 4x 1min Fahrtspiel  | Ruhetag | 20 km Longrun              |
| 6     | Ruhetag | 10 km Locker | 6 x 1000m @ 4:55<br>400 Trabpause | Ruhetag    | 8 km Locker<br>+ 4 Steigerungen      | Ruhetag | 22 km Longrun              |
| 7     | Ruhetag | 10 km Locker | 5 x 1200m @ 4:50<br>400 Trabpause | Ruhetag    | 8 km Locker<br>+ 5x 1min Fahrtspiel  | Ruhetag | 24 km Longrun              |
| 8     | Ruhetag | 12 km Locker | 4 x 1600m @ 4:50<br>400 Trabpause | Ruhetag    | 9 km Locker<br>+ 4 Strides           | Ruhetag | 26 km Longrun              |
| 9     | Ruhetag | 12 km Locker | 5 x 1200m @ 4:50<br>400 Trabpause | Ruhetag    | 9 km Locker<br>+ 5x 1min Fahrtspiel  | Ruhetag | 28 km Longrun              |
| 10    | Ruhetag | 12 km Locker | 4 x 2000m @ 4:50<br>400 Trabpause | Ruhetag    | 10 km Locker<br>+ 5 Steigerungen     | Ruhetag | 30 km Longrun              |
| 11    | Ruhetag | 10 km Locker | 4 x 1600m @ 4:50<br>400 Trabpause | Ruhetag    | 8 km Locker<br>+ 5 Strides           | Ruhetag | 32 km Longrun              |
| 12    | Ruhetag | 10 km Locker | 4 x 1600m @ 4:50<br>400 Trabpause | Ruhetag    | 8 km Locker<br>+ 5x 1min Fahrtspiel  | Ruhetag | 28 km Longrun              |
| 13    | Ruhetag | 8 km Locker  | 5 x 1000m @ 4:55<br>400 Trabpause | Ruhetag    | 7 km Locker<br>+ 4 Steigerungen      | Ruhetag | 24 km Longrun              |
| 14    | Ruhetag | 8 km Locker  | 4 x 800m @ 5:00<br>400 Trabpause  | Ruhetag    | 7 km Locker<br>+ 4x 1 min Fahrtspiel | Ruhetag | 20 km Longrun              |
| 15    | Ruhetag | 6 km Locker  | 4 x 600m @ 5:00<br>400 Trabpause  | Ruhetag    | 6 km Locker<br>+ 3 Steigerungen      | Ruhetag | 16 km Longrun              |
| 16    | Ruhetag | 5 km Locker  | 3 x 400m @ 5:00<br>400 Trabpause  | Ruhetag    | 4 km Locker<br>+ 3 Strides           | Ruhetag | Marathon<br>Zielpace: 5:41 |