

WOCHE	MONTAG	MITTWOCH	FREITAG	SONNTAG
1-4	6KM LOCKER	5 X 800M @ 4:30 + 400M TRABPAUSE	8KM LOCKER	10 KM LONGRUN @ Z2
5-8	7KM LOCKER	TEMPOLAUF 6KM IM HM-TEMPO	9KM LOCKER	12 KM LONGRUN @ Z2
9-12	8KM LOCKER	6 X 800M @ 4:30 + 400M TRABPAUSE	10KM LOCKER	14 KM LONGRUN @ Z2
13-14	9KM LOCKER	TEMPOLAUF 8KM IM HM-TEMPO	11KM LOCKER	16 KM LONGRUN @ Z2
15	7KM LOCKER	4 X 800M @ 4:30 + 400M TRABPAUSE	6KM LOCKER	10 KM LONGRUN @ Z2
16	5KM LOCKER	4KM LOCKER	3KM LOCKER	HALBMARATHON ZIELPACE: 4:58KM/MIN