

Woche	Montag	Mittwoch	Freitag	Sonntag
1-4	5km Locker	4 x 800m @ 5:00 + 400m Trabpause	6km Locker	8 km Longrun @ Z2
5-8	6km Locker	5 x 800m @ 5:00 + 400m Trabpause	7km Locker	10 km Longrun @ Z2
9-12	7km Locker	6 x 800m @ 5:00 + 400m Trabpause	8km Locker	12 km Longrun @ Z2
13-14	8km Locker	5 x 800m @ 5:00 + 400m Trabpause	9km Locker	15 km Longrun @ Z2
15	6km Locker	4 x 800m @ 5:00 + 400m Trabpause	5km Locker	10 km Longrun @ Z2
16	5km Locker	4km Locker	3km Locker	Halbmarathon Zielpace: 6:24km/min