

WOCHE	MONTAG	MITTWOCH	FREITAG	SONNTAG
1-4	5KM LOCKER	4 X 800M @ 5:30 + 400M TRABPAUSE	6KM LOCKER	8 KM LONGRUN @ Z2
5-8	6KM LOCKER	5 X 800M @ 5:30 + 400M TRABPAUSE	7KM LOCKER	10 KM LONGRUN @ Z2
9-12	7KM LOCKER	6 X 800M @ 5:30 + 400M TRABPAUSE	8KM LOCKER	12 KM LONGRUN @ Z2
13-14	8KM LOCKER	5 X 800M @ 5:30 + 400M TRABPAUSE	9KM LOCKER	15 KM LONGRUN @ Z2
15	6KM LOCKER	4 X 800M @ 5:30 + 400M TRABPAUSE	5KM LOCKER	10 KM LONGRUN @ Z2
16	5KM LOCKER	4KM LOCKER	3KM LOCKER	HALBMARATHON ZIELPACE: 7:49KM/MIN