

Week 1

- Day 1: Rest
- Day 2: Fartleks, 2km slow warm up, 4 x 45sec. hard 3 min easy recovery in between, 2km cool down
- Day 3: 4 - 6km easy at about 6:30 per km.
- Day 4: 5 -7 km easy at about 6:30 per km.
- Day 5: Rest
- Day 6: Fartleks, 2km slow warm up, 3 x 90sec. hard 6 min easy recovery in between, 2k cool down
- Day 7: 8 - 9 km easy at about 6:30 per km

Week 2

- Day 1: Rest
- Day 2: Fartleks, 2km slow warm up, 6 x 1min. hard 4 min easy recovery in between, 2km cool down
- Day 3: 5 - 7km easy at about 6:30 per km.
- Day 4: Track, 2km slow warm up, 4 x 200m in 62sec. 2 min easy recovery in between, 2km cool down
- Day 5: Rest
- Day 6: Fartleks, 2km slow warm up, 6 x 30sec. hard 3 min easy recovery in between, 2km cool down
- Day 7: 8 - 10km easy at about 6:30 per km

Week 3

- Day 1: Rest

Day 2: Track, 2km slow warm up, 4 x 400m in 2:13 2 min easy recovery in between, 2km cool down

Day 3: 6km easy at about 6:00 per km.

Day 4: Fartleks, 2km slow warm up, 6 x 30sec. hard 3 min easy recovery in between, 2km cool-down

Day 5: Rest

Day 6: Road, 2km slow warm up, 2 - 3 1km in 5:25 3 min easy recovery in between, 2km cool-down

Day 7: 9 - 10km easy at about 6:30 per km

Week 4

Day 1: Rest

Day 2: 6km easy at about 6:00 per km.

Day 3: Road, 2km slow warm up, 3 1km in 5:10 3 min easy recovery in between, 2km cool down

Day 4: Rest

Day 5: 7km easy at about 6:30 per km.

Day 6: Track, 2km slow warm up, 5 x 200m in 59sec. 2 min easy recovery in between, 2km cool-down

Day 7: 12 - 13km easy at about 6:30 per km

Week 5

Day 1: Rest

Day 2: Track, 2km slow warm up, 6 x 400m in 2:05 2 min easy recovery in between, 2km cool-down

Day 3: 6 - 8km easy at about 6:30 per km.

Day 4: Fartlek, 2km slow warm up, 4 x 1km in 5:25 per km 3 min easy recovery in between, 2 km cool-down

Day 5: Rest

Day 6: Track, 2km slow warm up, 8 x 200m in 59sec. 2 min easy recovery in between, 2km cool-down

Day 7: 9 - 10km easy at about 6:30 per km

Week 6

Day 1: Rest

Day 2: Track, 2km slow warm up, 4 x 400m in 2:13 2 min easy recovery in between, 2km cool-down

Day 3: Fartlek, 2km slow warm up, 3 x 30sec. hard 3 min easy recovery in between, 2km cool-down

Day 4: 3 -4km at about 6:00 per km

Day 5: Rest

Day 6: 2km slow warm up, then 3 x 200m in 66sec. 2km cool-down

Day 7: **10KM RACE**