

Week 1

Day 1: Rest

Day 2: Fartlek 3 - 4 x 30sec hard 2min easy

Day 3: 4 - 5km easy

Day 4: 8 - 10km moderate 6:10min/km

Day 5: 4 - 5km easy

Day 6: Rest

Day 7: 18 - 20km

Week total: 45km

Week 2

Day 1: Rest

Day 2: Fartlek 4 - 5 x 30sec hard 2min easy

Day 3: 4 - 5km easy

Day 4: 8 - 10km moderate 6:10min/km

Day 5: 4 - 5km Fartlek 2 - 3 x 1min hard 4min easy

Day 6: Rest

Day 7: 21 - 25km

Week total: 50km

Week 3

Day 1: Rest

Day 2: Fartlek 4 - 6 x 30sec hard 2min easy

Day 3: 4 - 5km easy

Day 4: 12 - 14km long slow distance

Day 5: 4 - 5km easy

Day 6: Rest

Day 7: 10km race at app. 55min per km

Week total: 40km

Week 4

Day 1: Rest

Day 2: Fartlek 6 - 8 x 30sec hard 2min easy

Day 3: 5 - 6km easy

Day 4: 10km moderate 6:05min/km

Day 5: 5 - 6km easy

Day 6: Rest

Day 7: 18 - 21km

Week total: 49km

Week 5

Day 1: Rest

Day 2: Fartlek 3 x 1min hard 4min easy, 3 x 30sec hard 2min easy

Day 3: 5 - 6km easy

Day 4: 8 - 10km moderate 6:05min/km

Day 5: 5 - 6km easy

Day 6: Rest

Day 7: 28 - 30km long slow distance

Week total: 59km

Week 6

Day 1: Rest

Day 2: 5 - 6km easy

Day 3: Fartlek 4 - 6 x 30sec hard 2min easy

Day 4: 8km in app 48min

Day 5: 5 - 6km easy

Day 6: Rest

Day 7: 10km race in app 52min

Week total: 37km

Week 7

Day 1: Rest

Day 2: Fartlek 3 x 30sec hard 2min easy, 3 x 1min hard 4min easy

Day 3: 5 - 6km easy

Day 4: 12 - 15km moderate 6:00min/km

Day 5: 5 - 6km easy

Day 6: Rest

Day 7: 25 - 28km long slow distance

Week total: 59km

Week 8

Day 1: Rest

Day 2: Easy Fartlek app 6km, 4 x 30sec bursts

Day 3: Easy 6km

Day 4: 5 - 7km

Day 5: Rest

Day 6: Rest

Day 7: **42.2km RACE**

Week total: 60km