

Week 1

- * Day 1: Rest
- * Day 2: 6 km easy
- * Day 3: 5 km easy
- * Day 4: 8 km @ 6:30 min/km
- * Day 5: 4 km easy
- * Day 6: Rest
- * Day 7: 18 km long slow distance

Week 2

- * Day 1: Rest
- * Day 2: 7 km easy
- * Day 3: 6 km easy
- * Day 4: 9 km @ 6:25 min/km
- * Day 5: 6 km easy
- * Day 6: Rest
- * Day 7: 20 km long slow distance

Week 3

- * Day 1: Rest
- * Day 2: 8 km easy
- * Day 3: 5 km easy

* Day 4: 12 km long slow distance

* Day 5: 5 km easy

* Day 6: Rest

* Day 7: 10 km race in 63min.

Week 4

* Day 1: Rest

* Day 2: 8 km easy

* Day 3: 6 km easy

* Day 4: 10 km at 6:20 min/km

* Day 5: 6 km easy

* Day 6: Rest

* Day 7: 24 km long slow distance

Week 5

* Day 1: Rest

* Day 2: 8 km easy

* Day 3: 5 km easy

* Day 4: 8 km at 6:10 min/km

* Day 5: 5 km easy

* Day 6: Rest

* Day 7: 24 km long slow distance

Week 6

- * Day 1: Rest
- * Day 2: 6 km easy
- * Day 3: 8 km easy
- * Day 4: 8 km in app 48min.
- * Day 5: 5 km easy
- * Day 6: Rest
- * Day 7: 15 km race in app 86min.

Week 7

- * Day 1: Rest
- * Day 2: 8 km easy
- * Day 3: 5 km easy
- * Day 4: 12 km at 6; 00 min/km.
- * Day 5: 5 km easy
- * Day 6: Rest
- * Day 7: 28 km long slow distance

Week 8

- * Day 1: Rest
- * Day 2: 10 km easy
- * Day 3: 6 km easy

* Day 4: 7 km easy

* Day 5: Rest

* Day 6: 2km easy

* Day 7: **Marathon Race**