

Week Month	1 Jan	2 Jan	3 Jan	4 Jan	5 Feb	6 Feb	7 Feb	8 Feb	9 F/M	10 Mar	11 Mar	12 Mar	13 Mar	14 April	15 April	16 April	17 April/May
intensity	easy	easy	5" faster/k than wk 2	(Mile challenge)	easy	easy	(3km time trial challenge)	easy	race specific	easy	Race specific*DC BA	easy	easy	easy (EKIDEN)	easy (EKIDEN)	easy	Harriers 1/2 M / Marathon
Group	km/ <span>min</span>	km or <span>min</span>	km or <span>min</span>	km or <span>min</span>	km or <span>min</span>	km or <span>min</span>	km or <span>min</span>	km or <span>min</span>	km/ <span>min</span>	km or <span>min</span>	km/ <span>min</span>	km or <span>min</span>	km or <span>min</span>	km or <span>min</span>	km or <span>min</span>	km or <span>min</span>	km/ <span>min</span>
Longruns <2.55 (D)	20	24	24	26	22	26	28	30	28	30	30	27	36	28	30	28	42.1
Longruns 3-3 1/2 hrs (C)	19	22	22	25	22	24	26	28	27	29	29	26	35	27	28	27	42.1
Longruns +/- 4 hrs (B)	85	90	90	100	90	100	110	120	120	150	120	105	180	150	150	100	42.1
Longruns 10k G (A)	15	18	18	21	18	20	22	23	22	25	24	19	24	23	23	18	21.1

Groups/ Goal race distance/ level	D	C	B	A
*Wk 4 instructions:	plan your mile effort prior to the longrun (at least 1-2 days)	plan your mile effort prior to the longrun (at least 1-2 days)	plan your mile effort prior to the longrun (at least 1-2 days)	plan your mile effort prior to the longrun (at least 1-2 days)
*Wk 9 instructions:	3x 6k. MP: 1st@MP, 2nd@MP-5" per km. 3rd@MP. Recovery: 1 k jog in between.	2x 7 km M pace 1st: MP effort; 2nd: MP -5". Recovery: 1 k jog in between.	2x 7 km @ M pace. Recovery: 1 k jog in between.	3x 10 min @ 10 k race pace, 5 min easy run 'rest'
General instructions:	Take your own health seriously	Consider weather, temp, humidity and wind, hills and more	Take a day off or an easy training day before the race specific longruns	Confirm / align your training w/ your coach(es)

Groups/ Goal race distance/ level	D	C	B	A
*Wk 11 instructions:	10km-8km-4k 1st@MP, 2nd@MP- 5" per km. 3rd@MP P-10" per km. Recovery: 1 k jog in between.	10km-5km-2k 1st@MP, 2nd@MP-5" per km. 3rd@MP P- 10" per km. Recovery: 1 k jog in between.	2x 8 km @ M pace. Recovery: 1 k jog in between.	14-12- 10 min @ 10- 21 k race pace, 5 min easy run 'rest'
General instructions:	Take your own health seriously	Consider weather, temp, humidity and wind, hills and more	Take a day off or an easy training day before the race	Confirm / align your training w/ your coach(es)