

No. week	SZ1 (Easy) : SZ2 (Marathon pace): SZ3 (Half-mara pace):		SZ4 (10k pace): SZ5 (5k pace): SZ6 (1 mile pace):		SZ7 (fastest effort):		Comments:	Add total: min. km. or calories
	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo	
June								
1	3 Off	4 20-30 min easy run	5 Off	6 20-30 min easy run	7 Off	8 30-40 min easy jrun	9 Off	
2	10 Off	11 20-30 min easy run	12 Off	13 30 min easy run	14 Off	15 40-50 min easy run	16 Off	
3	17 Off	18 20-30 min easy run	19 Off	20 40 min easy run	21 Off	22 60 min easy run	23 Off	
Week 4 is a recovery week								
4	24 Off	25 20-30 min easy run	26 Off	27 40min easy run	28 Off	29 1 mile test to set speed zones (SZ)	30 60 min easy run	
July								
5	1 Off	2 20 min in SZ1 + 5x30sec building speed to SZ4 by the end of each rep. w/1 min RI	3 Off	4 20-40 min easy run at SZ1	5 Off	6 30min in SZ1 + 5x10 sec fun sprints	7 Off or 30-60 min in SZ1	

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	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo	
6	8 20 min in SZ1 + 5x30sec building speed to SZ4 by the end of each rep. w/90 sec RI	9 Off	10 3x2min in SZ4 w/ 2 min RI	11 Off	12 20 min in SZ1 + 5x45sec building speed to SZ7 by the end of each rep. w/2 min RI	13 Off	14 60-70 min in SZ1; slowly and in bits of 10min start increasing your long run each week	
7	15 Off	16 4-6x75-90sec as steady as you can in SZ7 w/2 min RI	17 20-40min recovery run in SZ1	18 Off	19 20-40 min in SZ1	20 Off	21 4-6x1 min building speed to SZ6 w/1min RI, + 20-30min in SZ1	
Week 8 is a recovery week								
8	22 Off	23 30-40min in SZ1	24 20 min in SZ1 + 6x30sec building speed to SZ4 by the end of each rep. w/1 min RI	25 Off	26 Off	27 70-80min in SZ1	28 10min easy+ 20 min in SZ2	
July				August				
9	29 20-30 min in SZ1 + 5x30sec building speed to SZ4 by the end of each rep. w/1 min RI	30 Off	31 3-5x2.5min in SZ6 w/2min RI	1 30-40min recovery run at pace slower than SZ1	2 Off	3 70-80min in SZ1	4 Off	

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10	5 30-50min in SZ1	6 3-5x3min in SZ5 w/3min RI	7 Off	8 30-40min recovery run at pace slower than SZ1	9 Off	10 5x45sec building speed to SZ7 by the end of each rep. w/2min RI	11 Off or 30-60min in SZ1	
11	12 30-40 min in SZ1 + 5x30sec building speed to SZ4 by the end of each rep. w/90 sec RI	13 5-6x75-90sec as steady as you can in SZ7 w/ 2min RI	14 Off	15 20-40min recovery run at pace slower than SZ1	16 Off	17 Off or 20-40min recovery run slower than SZ1	18 5 x1 min building speed to SZ6 w/ 1min RI, then finish with 30min in SZ1	
Week 12 is a recovery week								
12	19 Off	20 30-40 min in SZ1	21 20 min in SZ1 + 6x30sec building speed to SZ4 by the end of each rep. w/1min RI	22 Off	23 Off	24 30 min in SZ1+ 20min in SZ2 + 30 min in SZ1	25 Off	
13	26 30-40 min in SZ1	27 3-4x3.5min in SZ6 w/3min RI	28 Off	29 20-30min recovery run at slower than SZ1	30 Off	31 30-50min recovery run in SZ1 or slower	1 15min in SZ1+2x4min in SZ3 w/3min RI	
September								

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	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo	
1 4	2 Off	3 5-6x75-90sec as steady as you can in SZ7 w/ 2min RI	4 Off	5 3-5x3.5min building speed to SZ5 w/3min RI	6 Off	7 80-90min recovery run in SZ1 or slower	8 Off	
1 5	9 20-30min recovery run at slower than SZ1	10 30-40 min in SZ1 +2x5min in SZ3 w/3min RI	11 Off	12 30-40 min in SZ1	13 Off	14 30-50min in SZ1	15 Perform 1 mile test again and adjust your speed zones	
Week 16 is a recovery week								
1 6	16 30-40 min in SZ1	17 30-40 min in SZ1	18 Off	19 20 min in SZ1 + 6x45sec building speed to SZ4 by the end of each rep. w/1min RI	20 Off	21 Off	22 <b>DamtotDam fun run!</b>	