

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 20-30 min easy run	6 20-30 min easy run	7 Off	8 60 min easy jrun	9 Off	
2	10 Off	11 20-30 min easy run	12 60 min easy run	13 30 min easy run	14 Off	15 60 min easy run	16 Off	
3	17 20-30min easy run	18 40 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 40min easy run	25 Off	26 Off	27 3-40min easy run	28 Off	29 1 mile test to set speed zones (SZ)	30 Off	
July								
5	1 20 min in SZ1 + 5x30sec building speed to SZ4 by the end of each rep. w/1 min RI	2 4-5x3min in SZ6 w/3 min RI	3 20-40 min recovery run at SZ1	4 4x5min in SZ3 w/2 min RI	5 Off	6 30min in SZ1 + 5x10 sec fun sprints	7 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 4-5x3.5min in SZ5 w/3 min RI	10 30-50min in SZ1	11 20 min in SZ1 + 6x45sec building speed to SZ7 by the end of each rep. w/2 min RI	12 Off	13 30-60 min in SZ1, + 15-20min in SZ2	14 Off or 30-60 min in SZ1	
7	15 30-50min in SZ1	16 4-6x75-90sec as steady as you can in SZ7 w/2 min RI	17 20-40min recovery run in SZ1	18 3-4x5min in SZ4 w/2min RI	19 Off	20 20-40 min in SZ1	21 6-8x1 min building speed to SZ6 w/1min RI, + 10-20min in SZ1	
Week 8 is a recovery week								
8	22 Off	23 30-40min in SZ1	24 Off	25 20 min in SZ1 + 6x30sec building speed to SZ4 by the end of each rep. w/1 min RI	26 Off	27 30-40min in SZ1	28 30-40min 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 5-6x3min in SZ6 w/3min RI	31 30-40min recovery run at pace slower than SZ1	1 3x8min in SZ3 w/ 2min RI	2 Off	3 20-30min in SZ1	4 30-60min in SZ1 finishing w/ 6x30sec building to SZ7 by the end of each rep. w/90 sec RI	

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10	5 30-50min in SZ1	6 5-6x4min in SZ5 w/3min RI	7 30-40min recovery run at pace slower than SZ1	8 8x45sec building speed to SZ7 by the end of each rep. w/2min RI	9 Off	10 30-50min in SZ1	11 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 6-8x75-90sec as steady as you can in SZ7 w/ 2min RI	14 20-40min recovery run at pace slower than SZ1	15 3-4x6min in SZ4 w/2min RI	16 Off	17 20-40min recovery run slower than SZ1	18 8-10x1 min building speed to SZ6 w/1min RI, then finish with 10-20min in SZ1	
Week 12 is a recovery week								
12	19 Off or 30-40 min in SZ1	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 30-40 min in SZ1	25 30-40 min in SZ2	
13	26 30-40 min in SZ1	27 4-5x3.5min in SZ6 w/3min RI	28 20-30min recovery run at slower than SZ1	29 8-10x1min building speed to SZ7 w/1min RI; then finish with 10-20min in SZ1	30 Off	31 20-30min recovery run in SZ1 or slower	1 3x8min in SZ3 w/ 3min RI	
September								

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	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo	
1 4	2 30-40 min in SZ1	3 3x4min in SZ5 w/ 3min RI	4 20-30min recovery run at slower than SZ1	5 6-8x75-90sec as steady as you can in SZ7 w/ 2min RI	6 Off	7 20-30min recovery run in SZ1 or slower	8 Perform 1 mile test again and adjust your speed zones	
1 5	9 20-30min recovery run at slower than SZ1	10 30-40 min in SZ1 + 5x30sec building speed to SZ4 by the end of each rep. w/90 sec RI	11 30-40 min in SZ1	12 2x10min in SZ3 w/4min RI	13 Off	14 30-50min in SZ1	15 30-40 min in SZ2	
Week 16 is a recovery week								
1 6	16 Off or 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 30-40 min in SZ1	22 30-40 min in SZ1	
1 7	23 8-10x1min building speed to SZ7 w/1min RI; then finish with 10-20min in SZ1	24 Off	25 20-30min recovery run at slower than SZ1	26 30-40 min in SZ1	27 Off	28 Leiden Science fun run!	29 Off	