**WEEKLY SCHEDULE**

|  |  |
| --- | --- |
| **MONDAY**  ------------------------------------------  FEEDBACK | 60 MINUTES EASY |
| **TUESDAY**  **--------------------------------------------**  FEEDBACK | 4 x 2k WITH MINUTES INTERVAL (DUBLIN)  OR  3 X 2K WITH MINUTES INTERVAL (BERLIN) |
| **WEDNESDAY**  **--------------------------------------------**  FEEDBACK | 90 MINUTES EASY (DUBLIN)  OR  60 MINUTES EASY (BERLIN) |
| **THURSDAY**  --------------------------------------------  FEEDBACK | 4 SETS OF 4 X 400M WITH 45 SECOND INTERVAL  2 MINUTES BETWEEN SETS (DUBLIN)  OR  30 MINUTES STEADY (BERLIN) |
| **FRIDAY**  **----------------------------------------------**  FEEDBACK | 30 MINUTES EASY |
| **SATURDAY**  **------------------------------------------------**  FEEDBACK | 50 MINUTE TEMPO (DUBLIN)  OR  30 MINUTE TEMPO (BERLIN) |
| **SUNDAY**  **------------------------------------------------**  FEEDBACK | 3 HOURS RECOVERY RUN (DUBLIN)  OR  90 MINUTES RECOVERY RUN (BERLIN) |