

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	30-40min with walking breaks	The stability training is only an add-on.	30-40min with walking breaks	Rest Day	Rest Day	30-40min with walking breaks
2	Rest Day	40-50min with walking breaks	30-40min stability training	30-40min with walking breaks	Rest Day	Rest Day	40-50min with walking breaks
3	Rest Day	40-50min with walking breaks	30-40min stability training	30-40min with walking breaks	Rest Day	Rest Day	40-50min with walking breaks
4	Rest Day	30-40min easy running	30-40min stability training	Free or 40-50min bike/swim	Rest Day	Rest Day	30-40min easy running
5	Rest Day	30-40min easy running	30-40min stability training	50-60min with walking breaks	Rest Day	Rest Day	30-40min easy running
6	Rest Day	30-40min easy running	30-40min stability training	60-70min with walking breaks	Rest Day	Rest Day	30-40min easy running
7	Rest Day	30-40min easy running	30-40min stability training	50-60min with walking breaks	Rest Day	Rest Day	40-50min easy running
8	Rest Day	30-40min easy running	Rest Day	Free or 40-50min bike/swim	Rest Day	Rest Day	40-50min easy running
9	Rest Day	40-50min easy running	30-40min stability training	50-60min with walking breaks	Rest Day	Rest Day	40-50min easy running
10	Rest Day	40-50min easy running	30-40min stability training	60-70min with walking breaks	Rest Day	Rest Day	40-50min easy running
11	Rest Day	40-50min easy running	30-40min stability training	40-50min easy running	Rest Day	Rest Day	40-50min easy running
12	Rest Day	30-40min easy running; followed by 3x100m steeplechase heats		Free or 40-50min bike/swim	Rest Day	Rest Day	40-50min easy running
13	Rest Day	30-40min easy running; followed by 3x100m steeplechase heats	30-40min stability training	70-80min with walking breaks	Rest Day	Rest Day	50-60min easy running
14	Rest Day	50-60min easy running, followed by 3x100m incline runs.	30-40min stability training	40-50min easy running	Rest Day	Rest Day	55-65min easy running

15	Rest Day	50-60min easy running, followed by 3x100m incline runs.	30-40min stability training	40-50min easy running	Rest Day	Rest Day	65-70min easy running
16	Rest Day	50-60min easy running, followed by 3x100m incline runs.	30-40min stability training	30min easy running	20min Stavitra ining	Rest Day	10K