	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Easy Run 20 min	Cross training	Easy Run 20 min	Rest Day	Rest Day	Long run 30 min
2	Rest Day	Easy Run 25 min	Cross training	Easy Run 20 min	Rest Day	Rest Day	Long run 35 min
3	Rest Day	Easy Run 25 min	Cross training	3×400 m Intervals	Rest Day	Rest Day	Long run 40 min
4	Rest Day	Easy Run 30 min	Cross training	Easy Run 25 min	Rest Day	Rest Day	Long run 45 min
5	Rest Day	4×400 m Intervals	Cross training	Easy Run 25 min	Rest Day	Rest Day	Long run 50 min
6	Rest Day	Easy Run 30 min	Cross training	5×400 m Intervals	Rest Day	Rest Day	Long run 55 min
7	Rest Day	Tempo 15 min	Cross training	Easy Run 30 min	Rest Day	Rest Day	Long run 55 min
8	Rest Day	Easy Run 30 min	Cross training	6×400 m Intervals	Rest Day	Rest Day	Long run 60 min
9	Rest Day	Tempo 20 min	Cross training	Easy Run 30 min	Rest Day	Rest Day	Long run 60 min
10	Rest Day	4×800 m Intervals	Cross training	Easy Run 30 min	Rest Day	Rest Day	Long run 65 min
11	Rest Day	Tempo 20 min	Cross training	Easy Run 35 min	Rest Day	Rest Day	Long run 65 min
12	Rest Day	5×800 m Intervals	Cross training	Easy Run 30 min	Rest Day	Rest Day	Long run 70 min
13	Rest Day	Tempo 25 min	Cross training	Easy Run 35 min	Rest Day	Rest Day	Long run 70 min
14	Rest Day	6×800 m Intervals	Cross training	Easy Run 35 min	Rest Day	Rest Day	Long run 75 min
15	Rest Day	Tempo 25 min	Cross training	Easy Run 40 min	Rest Day	Rest Day	Long run 75 min
16	Rest Day	4×1 km Intervals	Cross training	Easy Run 35 min	Rest Day	Rest Day	Long run 80 min
17	Rest Day	Tempo 30 min	Cross training	Easy Run 40 min	Rest Day	Rest Day	Long run 70 min
18	Rest Day	5×1 km Intervals	Cross training	Easy Run 35 min	Rest Day	Rest Day	Long run 60 min
19	Rest Day	Tempo 20 min	Cross training	Easy Run 30 min	Rest Day	Rest Day	Long run 45 min
20	Rest Day	3×800 m Intervals	Rest Day	Easy Run 20 min	Rest Day	Rest Day	10K