

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	20-30min with walking breaks	The stability training is only an add-on.	20-30min with walking breaks	Rest Day	Rest Day	20-30min with walking breaks
2	Rest Day	30-40min with walking breaks	20-30min stability training	20-30min with walking breaks	Rest Day	Rest Day	30-40min with walking breaks
3	Rest Day	30-40min with walking breaks	20-30min stability training	20-30min with walking breaks	Rest Day	Rest Day	30-40min with walking breaks
4	Rest Day	20-30min easy running	20-30min stability training	Free or 30-40min bike/swim	Rest Day	Rest Day	20-30min easy running
5	Rest Day	20-30min easy running	20-30min stability training	40-50min with walking breaks	Rest Day	Rest Day	20-30min easy running
6	Rest Day	20-30min easy running	20-30min stability training	50-60min with walking breaks	Rest Day	Rest Day	20-30min easy running
7	Rest Day	20-30min easy running	20-30min stability training	40-50min with walking breaks	Rest Day	Rest Day	30-40min easy running
8	Rest Day	20-30min easy running	Rest Day	Free or 30-40min bike/swim	Rest Day	Rest Day	30-40min easy running
9	Rest Day	30-40min easy running	20-30min stability training	40-50min with walking breaks	Rest Day	Rest Day	30-40min easy running
10	Rest Day	30-40min easy running	20-30min stability training	50-60min with walking breaks	Rest Day	Rest Day	30-40min easy running
11	Rest Day	30-40min easy running	20-30min stability training	30-40min easy running	Rest Day	Rest Day	30-40min easy running
12	Rest Day	20-30min easy running; followed by 3x80m steeplechase heats		Free or 30-40min bike/swim	Rest Day	Rest Day	30-40min easy running
13	Rest Day	30-40min easy running, followed by 3x80m step-up runs.	20-30min stability training	60-70min with walking breaks	Rest Day	Rest Day	40-50min easy running
14	Rest Day	40-50min easy running, followed by 3x80m incline runs.	20-30min stability training	30-40min easy running	Rest Day	Rest Day	45-55min easy running

15	Rest Day	40-50min easy running, followed by 3x80m incline runs.	20-30min stability training	30-40min easy running	Rest Day	Rest Day	55-60min easy running
16	Rest Day	30-40min easy running, followed by 3x80m step-up runs.	20-30min stability training	20min easy running	10min Stavitra ining	Rest Day	10K