Block	Yulin	5 weeks August 19 - September 22 2024									
Week	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly mileage	Percent Easy	Percent Long Run
1	Build Week	Rest/Cross	Time Trial + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run			
	Workout		5k time trial 1k WU/CD strength training 1	10k recovery	Medium-long run 1k WU/CD 10k Z2, 4k Z3 strength training 2	10k recovery	16k Z2	1k WU/CD 13k Z2, 7k Z3 strength training 3	_ 81	91%	27%
	Daily mileage	0	7	10	16	10	16	22			
2	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	85	88%	27%
	Workout		KM repeats 1k WU/CD 8x 1k reps 10kP strength training 1	10k recovery	Medium-long run 1k WU/CD 10k Z2, 4k Z3 strength training 2	10k recovery	16k Z2	1k WU/CD 14k Z2, 7k Z3 strength training 3			
	Daily mileage	0	10	10	16	10	16	23			
3	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	86	88%	28%
	Workout		KM repeats 1k WU/CD 8x 1k reps 10kP strength training 1	10k recovery	Medium-long run 1k WU/CD 10k Z2, 4k Z3 strength training 2	10k recovery	16k Z2	1k WU/CD 15k Z2, 7k Z3 strength training 3			
	Daily mileage	0	10	10	16	10	16	24			
4	Taper Week	Rest/Cross	Recovery	Recovery	Recovery	Rest/Cross	Rest/Cross	Rest/Cross	15		
	Workout		5k recovery	5k recovery	5k recovery						
	Daily mileage	0	5	5	5	0	0	0			
5	Race Week	Yulin Marathon	Rest/Cross	Rest/Cross	Rest/Cross	Recovery	Recovery	Recovery	63		
	Workout					5k recovery	8k recovery	8k recovery			
	Daily mileage	42	0	0	0	5	8	8			