

Block	Photak	8 weeks	October 28 - December 22 2024								
Week	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly mileage	Percent Easy	Percent Long Run
1	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	100	87%	25%
	Workout		1k WU/CD 2x3.2k 400 recovery 3.8k recovery	13k recovery	Medium-long run 1k WU/CD 10k Z2, 6k Z3 strength training 2	13k recovery	18k Z2	1k WU/CD 15k Z2, 8k Z3 strength training 3			
	Daily mileage	0	13	13	18	13	18	25			
2	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	108	85%	26%
	Workout		1k WU/CD 3x3.2k 400 recovery 3.2k recovery	13k recovery	Medium-long run 1k WU/CD 11k Z2, 6k Z3 strength training 2	13k recovery	19k Z2	1k WU/CD 18k Z2, 8k Z3 strength training 3			
	Daily mileage	0	16	13	19	13	19	28			
3	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	114	82%	26%
	Workout		1k WU/CD 4x3.2k 400 recovery 3.6k recovery	13k recovery	Medium-long run 1k WU/CD 11k Z2, 6k Z3 strength training 2	13k recovery	20k Z2	1k WU/CD 20k Z2, 8k Z3 strength training 3			
	Daily mileage	0	20	13	19	13	19	30			
4	Recovery Week	Recovery	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	84	85%	26%
	Workout	7k recovery	1k WU/CD 2x3.2k 400 recovery 3.8k recovery	7k recovery	Medium-long run 1k WU/CD 6k Z2, 4k Z3 strength training 2	7k recovery	16k Z2	1k WU/CD 13k Z2, 7k Z3 strength training 3			
	Daily mileage	7	13	7	12	7	16	22			
5	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	133	83%	24%
	Workout		1k WU/CD 5x3.2k 400 recovery 3k recovery	AM 7k recovery PM 13k recovery	Medium-long run 1k WU/CD 11k Z2, 6k Z3 strength training 2	AM 7k recovery PM 13k recovery	20k Z2	1k WU/CD 20k Z2, 10k Z3 strength training 3			
	Daily mileage	0	23	20	19	20	19	32			
6	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	133	83%	24%
	Workout		1k WU/CD 5x3.2k 400 recovery 3k recovery	AM 7k recovery PM 13k recovery	Medium-long run 1k WU/CD 11k Z2, 6k Z3 strength training 2	AM 7k recovery PM 13k recovery	20k Z2	1k WU/CD 20k Z2, 10k Z3 strength training 3			
	Daily mileage	0	23	20	19	20	19	32			
7	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	133	83%	24%
	Workout		1k WU/CD 5x3.2k 400 recovery 3k recovery	AM 7k recovery PM 13k recovery	Medium-long run 1k WU/CD 11k Z2, 6k Z3 strength training 2	AM 7k recovery PM 13k recovery	20k Z2	1k WU/CD 20k Z2, 10k Z3 strength training 3			
	Daily mileage	0	23	20	19	20	19	32			
8	Race Week	Recovery	Rest/Cross	Recovery	Rest/Cross	Rest/Cross	Rest/Cross	Photak Marathon	57		
	Workout	10k recovery		5k recovery							
	Daily mileage	10	0	5	0	0	0	42			