

Block		Xi'an	5 weeks	September 22 - October 27 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	100	87%	25%
	Workout		5k time trial 1k WU/CD 6k recovery strength training 1	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	100	87%	25%
	Workout		2KM repeats 1k WU/CD 4 x 2k reps HMP 3k recovery strength training 1	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			
3	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	100	87%	25%
	Workout		2KM repeats 1k WU/CD 4 x 2k reps HMP 3k recovery strength training 1	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			
4	Race Week	Recovery	Rest/Cross	Recovery	Rest/Cross	Rest/Cross	Rest/Cross	Xi'an Marathon	57		
	Workout	10k recovery		5k recovery							
	Daily mileage	10	0	5	0	0	0	42			
4	Recovery Week	Rest/Cross	Rest/Cross	Rest/Cross	Recovery	Recovery	Recovery	Recovery	31		
	Workout				5k recovery	8k recovery	8k recovery	10k recovery			
	Daily mileage	0	0	0	5	8	8	10			