| 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 | 81 | 91% | 27% |
| | 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 | | | |
| | 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 | | | |