

## Pfzinger 18/55

Week	Date	Workout	Distance (km)
7	Mon 12/08	Lactate threshold 16.1 km w/ 8.0 km @ 15K to half marathon race pace	
	Tue 13/08	General aerobic + speed 11.3 km w/8 x 100m strides	
	Wed 14/08	Rest or cross-training	
	Thu 15/08	Medium-long run 17.7 km	
	Fri 16/08	Recovery 6.4 km	
	Sat 17/08	Long run 29.0 km	
	Sun 18/08	Rest or cross-training	Distance: 80.5
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8	Mon 19/08	Lactate threshold 16.1 km w/ 9.7 km @ 15K to half marathon race pace	
	Tue 20/08	Recovery + speed 11.3 km w/ 6 x 100 m strides	
	Wed 21/08	Rest or cross-training	
	Thu 22/08	Medium-long run 19.3 km	
	Fri 23/08	Recovery 8.0 km	
	Sat 24/08	Long run 32.2 km	
	Sun 25/08	Rest or cross-training	Distance: 86.9
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9	Mon 26/08	Recovery 9.7 km	
	Tue 27/08	Recovery + speed 9.7 km w/ 6 x 100 m strides	
	Wed 28/08	Rest or cross-training	
	Thu 29/08	Medium-long run 22.5 km	
	Fri 30/08	Recovery 9.7 km	
	Sat 31/08	Marathon-pace run 25.7 km w/ 19.3 km @ marathon race pace	
	Sun 01/09	Rest or cross-training	Distance: 77.2
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10	Mon 02/09	General aerobic + speed 12.9 km w/8 x 100m strides	
	Tue 03/09	General aerobic 12.9 km	
	Wed 04/09	Rest or cross-training	
	Thu 05/09	VO <sub>2</sub> max 12.9 km w/ 5 x 800 m @ 5K race pace; jog 50 to 90% interval time between	
	Fri 06/09	Recovery 8.0 km	
	Sat 07/09	Medium-long run 22.5 km	
	Sun 08/09	Rest or cross-training	Distance: 69.2
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11	Mon 09/09	Lactate threshold 17.7 km w/ 11.3 km @ 15K to half marathon race pace	
	Tue 10/09	Recovery + speed 11.3 km w/ 6 x 100 m strides	
	Wed 11/09	Rest or cross-training	
	Thu 12/09	Medium-long run 19.3 km	
	Fri 13/09	Recovery 8.0 km	
	Sat 14/09	Long run 32.2 km	
	Sun 15/09	Rest or cross-training	Distance: 88.5
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12	Mon 16/09	8K-15K tune-up race (total 9-13 mi/14-21 km)	
	Tue 17/09	VO <sub>2</sub> max 12.9 km w/ 5 x 600 m @ 5K race pace; jog 50 to 90% interval time between	
	Wed 18/09	Rest or cross-training	
	Thu 19/09	Medium-long run 19.3 km	
	Fri 20/09	Recovery + speed 8.0 km w/ 6 x 100 m strides	
	Sat 21/09	Long run 27.4 km	
	Sun 22/09	Rest or cross-training	Distance: 82.1
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