

Pfitzinger 18/55

Week	Date	Workout	Distance (km)
1	Mon 01/07	Lactate threshold 12.9 km w/ 6.4 km @ 15K to half marathon pace	
	Tue 02/07	Recovery 6.4 km	
	Wed 03/07	Rest or cross-training	
	Thu 04/07	General aerobic 14.5 km	
	Fri 05/07	Rest or cross-training	
	Sat 06/07	Medium-long run 19.3 km	
	Sun 07/07	Rest or cross-training	Distance: 53.1
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2	Mon 08/07	General aerobic + speed 12.9 km w/ 10 x 100m strides	
	Tue 09/07	Recovery 8.0 km	
	Wed 10/07	Rest or cross-training	
	Thu 11/07	General aerobic 16.1 km	
	Fri 12/07	Rest or cross-training	
	Sat 13/07	Marathon pace run 20.9 km w/ 12.9 km @ marathon race pace	
	Sun 14/07	Rest or cross-training	Distance: 57.9
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3	Mon 15/07	General aerobic 16.1 km	
	Tue 16/07	Recovery 6.4 km	
	Wed 17/07	Rest or cross-training	
	Thu 18/07	Lactate threshold 12.9 km w/ 6.4 km @ 15K to half marathon race pace	
	Fri 19/07	Recovery 6.4 km	
	Sat 20/07	Medium-long run 22.5 km	
	Sun 21/07	Rest or cross-training	Distance: 64.4
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4	Mon 22/07	General aerobic + speed 12.9 km w/ 10 X 100 m strides	
	Tue 23/07	Recovery 6.4 km	
	Wed 24/07	Rest or cross-training	
	Thu 25/07	General aerobic 16.1 km	
	Fri 26/07	Recovery 8.0 km	
	Sat 27/07	Medium-long run 24.1 km	
	Sun 28/07	Rest or cross-training	Distance: 67.6
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5	Mon 29/07	Lactate threshold 14.5 km w/ 8.0 km @ 15K to half marathon race pace	
	Tue 30/07	Recovery 8.0 km	
	Wed 31/07	Rest or cross-training	
	Thu 01/08	General aerobic 16.1 km	
	Fri 02/08	Recovery 8.0 km	
	Sat 03/08	Marathon pace run 25.7 km w/ 16.1 km @ marathon race pace	
	Sun 04/08	Rest or cross-training	Distance: 72.4
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6	Mon 05/08	General aerobic + speed 12.9 km w/ 10 x 100m strides	
	Tue 06/08	Recovery 6.4 km	
	Wed 07/08	Rest or cross-training	
	Thu 08/08	General aerobic 12.9 km	
	Fri 09/08	Recovery 8.0 km	
	Sat 10/08	Medium-long run 19.3 km	
	Sun 11/08	Rest or cross-training	Distance: 59.5
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