

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Distance
1 Jan 18 - Jan 24	rest	long & steady 11.0 km	Fartlek run 5.0 km	core training (15 min)	steady + sprints 6.0 km	rest	long & steady 15.5 km	37.5 km
2 Jan 25 - Jan 31	rest	long & steady 11.0 km	easy run 7.0 km	core training (15 min)	Fartlek run 5.0 km	core training (15 min)	long & steady 17.0 km	40.0 km
3 Feb 01 - Feb 07	rest	long & steady 11.0 km	intervall 5.0 km	core training (15 min)	Fartlek run 7.0 km	core training (45 min)	long & steady 19.0 km	42.0 km
4 Feb 08 - Feb 14	rest	long & steady 11.0 km	Fartlek run 7.0 km	core training (15 min)	steady + sprints 6.0 km	core training (45 min)	long & steady 14.0 km	38.0 km
5 Feb 15 - Feb 21	core training (15 min)	long & steady 11.0 km	Fartlek run 7.0 km	rest	steady + sprints 7.5 km	core training (45 min)	long & steady 19.5 km	45.0 km
6 Feb 22 - Feb 28	rest	long & steady 14.0 km	Fartlek run 7.0 km	core training (15 min)	intervall 5.0 km	core training (45 min)	long & steady 22.0 km	48.0 km
7 Feb 29 - Mar 06	rest	long & steady 11.0 km	intervall 5.0 km	core training (15 min)	long & steady 10.0 km	core training (45 min)	long & steady 20.0 km	46.0 km
8 Mar 07 - Mar 13	core training (15 min)	long & steady 11.0 km	core training (15 min)	long & steady 24.0 km	Fartlek run 6.0 km	rest	long & steady 12.0 km	53.0 km
9 Mar 14 - Mar 20	rest	long & steady 15.0 km	Fartlek run 8.0 km	core training (15 min)	steady + sprints 8.0 km	core training (45 min)	long & steady 27.0 km	58.0 km
10 Mar 21 - Mar 27	rest	long & steady 11.0 km	intervall 5.0 km	core training (15 min)	long & steady 11.0 km	core training (45 min)	long & steady 30.0 km	57.0 km
11 Mar 28 - Apr 03	rest	long & steady 11.0 km	Fartlek run 8.0 km	core training (15 min)	steady + sprints 8.0 km	core training (45 min)	long & steady 27.0 km	54.0 km
12 Apr 04 - Apr 10	rest	long & steady 15.0 km	Fartlek run 7.0 km	core training (15 min)	easy run 8.0 km	core training (45 min)	long & steady 34.0 km	64.0 km
13 Apr 11 - Apr 17	rest	core training (45 min)	long & steady 15.0 km	Fartlek run 12.0 km	rest	Spartan race 5.5 km	long & steady 18.0 km	50.5 km
14 Apr 18 - Apr 24	easy run 6.0 km	rest	long & steady 32.0 km	core training (15 min)	steady + sprints 7.0 km	rest	20km Lausanne 20.0 km	65.0 km
15 Apr 25 - May 01	rest	long & steady 11.0 km	Fartlek run 6.0 km	core training (15 min)	intervall 5.0 km	rest	long & steady 17.0 km	39.0 km
16 May 02 - May 08	easy run 7.0 km	rest	easy run 6.0 km	rest	easy run 4.5 km	rest	Marathon 42.2 km	59.7 km