

January

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11 Long Run 7Km
12 REST or Strength & Core	13 3k	14 3k	15 Rest or Strength & core	16 3k	17 REST DAY	18 Long Run 7KM
19 REST or Strength & Core	20 4k	21 3k	22 Rest or Strength & core	23 4k	24 REST DAY	25 Long Run 8Km
26 REST or Strength & Core	27 3k	28 4k	29 Rest or Strength & core	30 4k	31 REST DAY	

February

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Long Run 9Km
2 REST or Strength & Core	3 4k	4 4k	5 Rest or Strength & core	6 3k	7 REST DAY	8 Long Run 9 Km
9 REST or Strength & Core	10 5k	11 3k	12 Rest or Strength & core	13 20 min - include 5 min at threshold 2 min rest between set	14 REST DAY	15 Long Run 10Km
16 REST or Strength & Core	17 4k	18 5k with MP 2-4k Warm-up 1k Cool down 1k	19 Rest or Strength & core	20 25 min - include -5/4/3 min at discomfort - 2 min jog between set	21 REST DAY	22 Long Run 10Km
23 REST or Strength & Core	24 4k	25 5k with MP 2-3k Warm-up 1k Cool down 1k	26 Rest or Strength & core	27 25-30min - include 3x5 min at discomfort 90 sec rest per set	28 REST DAY	

March

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Long Run 12 KM
2 REST or Strength & Core	3 4k	4 6k with MP 3-4k Warm-up 1k Cool down 1k	5 Rest or Strength & core	6 5k	7 REST DAY	8 Long Run 14 Km
9 REST or Strength & Core	10 5-6k	11 6k with MP 3-4k Warm-up 1k Cool down 1k	12 Rest or Strength & core	13 20-30min - include 3x5 min at discomfort 90 sec rest per set	14 REST DAY	15 Long Run 16 Km
16 REST or Strength & Core	17 5k	18 6k with MP 3-4k Warm-up 1k Cool down 1k	19 Rest or Strength & core	20 25-30 min - include -6/5/4 min at discomfort - 2 min jog between set	21 REST DAY	22 Long Run 16 Km
23 REST or Strength & Core	24 5k	25 7k with MP 5k Warm-up 1k Cool down 1k	26 Rest or Strength & core	27 25-30 min - include 10-15min at discomfort	28 REST DAY	29 Long Run 12 Km
30 REST or Strength & Core	31 5k					

April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7k with MP 5k Warm-up 1k Cool down 1k	2 Rest or Strength & core	3 8k	4 REST DAY	5 Long Run 18 Km
6 REST or Strength & Core	7 6k	8 8k with MP 6k Warm-up 1k Cool down 1k	9 Rest or Strength & core	10 25-30 min - include 3x5 min at discomfort - 2 min jog between set	11 REST DAY	12 Long Run 18 Km
13 REST or Strength & Core	14 6k	15 7k	16 Rest or Strength & core	17 25 min - final 10-15 min at discomfort	18 REST DAY	19 Long Run 20 Km
20 REST or Strength & Core	21 6k	22 6k with MP 4k Warm-up 1k Cool down 1k	23 Rest or Strength & core	24 4k	25 REST DAY	26 Long Run 14 Km
27 REST or Strength & Core	28 6k	29 7-8k	30 Rest or Strength & core			

May

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6k	2 REST DAY	3 Run 10 Km
4 REST	5 5k	6 10K	7	8 5k	9 REST DAY	10 20 min Easy
11 RACE DAY	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31