

January

2025

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

February

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Long Run 15Km
2 REST or Strength & Core	3 10-12k	4 7k	5	6 10k	7 REST DAY	8 Long Run 18 Km
9 REST or Strength & Core	10 8-10k	11 9k	12	13 45 min - include 5x5 min at threshold 2 min rest between set	14 REST DAY	15 Long Run 20Km
16 REST or Strength & Core	17 9-10k	18 10k with MP 6-8k Warm-up 1k Cool down 1k	19	20 50 min - include -10/8/6 min at discomfort - 2 min jog between set	21 REST DAY	22 Long Run 23Km
23 REST or Strength & Core	24 9k-11k	25 10k with MP 7-8k Warm-up 1k Cool down 1k	26	27 50-60min - include 5x5 min at discomfort 90 sec rest per set	28 REST DAY	

March

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Long Run 24 KM
2 REST or Strength & Core	3 9-11k	4 12k with MP 8-9k Warm-up 1k Cool down 1k	5	6 10k	7 REST DAY	8 Long Run 21 Km
9 REST or Strength & Core	10 10-12k	11 12k with MP 8-9k Warm-up 1k Cool down 1k	12	13 50-60min - include 6x5 min at discomfort 90 sec rest per set	14 REST DAY	15 Long Run 27 Km
16 REST or Strength & Core	17 7k	18 13k with MP 9-10k Warm-up 1k Cool down 1k	19	20 50-60 min - include -12/10/8 min at discomfort - 2 min jog between set	21 REST DAY	22 Long Run 29 Km
23 REST or Strength & Core	24 8k	25 15k with MP 10-11k Warm-up 1k Cool down 1k	26	27 50-60 min - include 20-25min at discomfort	28 REST DAY	29 Long Run 21 Km
30 REST or Strength & Core	31 9-10k					

April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 14k with MP 10k Warm-up 1k Cool down 1k	2	3 10k	4 REST DAY	5 Long Run 32 Km
6 REST or Strength & Core	7 9-11k	8 17k with MP 13-14k Warm-up 1k Cool down 1k	9	10 50-60 min - include 3x10 min at discomfort - 2 min jog between set	11 REST DAY	12 Long Run 33 Km
13 REST or Strength & Core	14 10-12k	15 7k	16	17 50 min - final 20-25 min at discomfort	18 REST DAY	19 Long Run 29 Km
20 REST or Strength & Core	21 8k	22 10k with MP 6-8k Warm-up 1k Cool down 1k	23	24 10k	25 REST DAY	26 Long Run 24 Km
27 REST or Strength & Core	28 10k	29 7-8k	30			

May

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6k	2 REST DAY	3 Run 10 Km
4 REST	5 6-8k	6	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