

# RUNNING TRAINING PLAN

	Week 1	Week 2	Week 3	Week 4
D1	MAS 30 min warm-up + 10 x 1 min/1 min + 15 min relax Lev 1 Endurance Session	MAS 30 min warm-up + 2 x (6 x 1 min/1 min) + 15 min relax Lev 2 Endurance Session	MAS 30 min warm-up + 2 x (7 x 1 min/1 min) + 15 min relax Lev 3 Endurance Session	40 min + 10 acceleration strides ou 1.5 hr bike Resistance Session
D2	1 hr hill run + GPP	1 hr hill run + GPP	1 hr hill run + GPP	20 min warm-up + 12 x 30 sec/30 sec run by feel
D3	Limit 30 min warm-up + 3 x 10 min (recover 3 to 4 min slow run) with difference in altitude (ascent/descent) Lev 1 Endurance Session	Limit 30 min warm-up + 3 x 10 min (uphill and recover going downhill) Lev 2 Endurance Session	Limit 30 min warm-up + 3 x 8 min (recover 3 min) on uneven ground Lev 3 Endurance Session	1 hr + acceleration strides  Resistance Session
D4	1 hr hill run with Fartlek	1 hr hill run with Fartlek	1 hr hill run with Fartlek	Rest
D5	1.5 hr long run with min. difference in altitude (ascent/descent) of 500 m Active Recovery Session Endurance activity (run,hill/mountain walk, bike...) stretching and GPP	1 hr 45 min long run with min. difference in altitude (ascent/descent) of 750 m Active Recovery Session	2 hr long run with min. difference in altitude (ascent/descent) of 1,000 m Lev 3 Endurance Session	HALF-MARATHON  Active Recovery Session

	Week 5	Week 6	Week 7	Week 8
D1	MAS 25 min warm-up + trail run 2 x (10 x 30 sec/30 sec)  Resistance Session	1hr bike + 15 min run	Limit 25 min warm-up + 12 min/10 min/8 min 3 min recovery Capillarization Session	20 min + light stretches + easy acceleration strides  Capillarization Session
D2	25 min warm-up + 2 x 10 on hills	Rest	45 min + acceleration strides	20 min + light stretches + easy acceleration strides Capillarization Session x 2
D3	45 min easy + acceleration strides Resistance Session	45 min easy + acceleration strides Relaxing Massage Session	45 min easy + acceleration strides Capillarization Session	20 min + light stretches + easy acceleration strides Capillarization Session x 2
D4	Rest	1 hr run	1 hr bike at same rhythm	Rest Capillarization Session x 2
D5	3 hr endurance Active Recovery Session	1.5 hr bike + 15 min run Active Recovery Session	1 hr easy Active Recovery Session	MARATHON Active Recovery Session