

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
#1	10km	Tempo 5k	Off	10km	Off	10km	Off	35km
#2	5km	Tempo 5k	Off	10km	Off	15km	Off	35km
#3	10km	Tempo 8k	Off	10km	Off	10km	Off	38km
#4	5km	Tempo 5k	Off	15km	Off	15km	Off	40km
#5	10km	Tempo 10k	Off	10km	Off	15km	Off	45km
#6	10km	Tempo 10k	Off	10km	Off	12km	Off	42km
#7	10km	Tempo 10k	Off	10km	5km	15km	Off	50km
#8	10km	Tempo 10k	Off	10km	7km	18km	Off	55km
#9	10km	Tempo 10k	Off	10km	10km or XT	20km	Off	60km
#10	10km	Tempo 10k	Off	10km	10km or XT	25km	Off	65km
#11	15km	Tempo 10k	Off	15km	10km or XT	20km	Off	70km
#12	15km	Tempo 10k	Off	10km	10km or XT	30km	Off	75km
#13	15km	Tempo 10k	Off	10km	10km or XT	20km	Off	65km
#14	10km	Tempo 15k	Off	10km	10km or XT	30km	Off	75km
#15	15km	Tempo 10k	Off	20km	10km or XT	25km	Off	80km
#16	15km	Tempo 15k	Off	10km	10km or XT	35km	Off	85km
#17	15km	Tempo 10k	Off	20km	10km or XT	20km	Off	75km
#18	10km	Tempo 15k	Off	10km	5km or XT	35km	Off	75km
#19	10km	20km	Off	15km	10km or XT	25km	Off	80km
#20	10km	Tempo 10k	Off	10km	Off	20km	Off	50km
#21	Off	10km	Off	10km	Off	8km	Off	28km
#22	Off	10km	Off	8km	Off	5km	<b>MARATHON</b>	<b>Success!</b>

Base-30-35km per week

**"Marathon Schedule**

