

Training Program Winter

Week	Easy Run	Workout Indoors	Easy Run	Workout Outdoors	Long
week 1	20 min	6 x 200	30 min	8 x 1 min	60 min long run
week 2	30 min	2 x 400 + 2 x 200	30 min	6 x 2 min	50 min long run
week 3	40 min	7 x 200	40 min	Fartlek 15-20 min	60 min long run
week 4	30 min	200+400+600+400	40 min	7 x 2 min	50 min long run
week 5	45 min	6 x 200	30 min	Tempo run 15 min	65 min long run
week 6	40 min	3 x 400 + 2 x 200	40 min	8 x 2 min	60 min long run
week 7	30 min	7 x 200	40 min	15 x 1 min	50 min long run
week 8	45 min	200+400+600+400	30 min	10 x 1 min	60 min long run
week 9	45 min	8 x 200	40 min	Tempo run 15 min	70 min long run
week 10	40 min	2 x 400 + 2 x 200	40 min	5 x 2 min	50 min long run
.... to be continued					