Runningtools.com

Running schedule 10 km beginners

maximum 3 trainings per week

	Datum	Ma	Di	Wo	Do	Vr	Za	Zo	Totaal
General preparation period									
1									
2									
3									
4									
5									
Specific preparation period									
6									
7									
8									
9									
Intensive period									
10									
11									
The last week									
12									