Runningtools.com

Running schedule 10 km advanced

	Datum	Ma	Di	Wo	Do	Vr	Za	Zo	Totaal
General preparation period									
1									
2									
3									
4									
5									
6									
7									
8									

Running schedule 10 km advanced (continuation)

	Datum	Ma	Di	Wo	Do	Vr	Za	Zo	Totaal
Specific preparation period									
9									
10									
11									
12									
13									
14									
Intensive period									
15									
16									
17									
18									
The last two weeks									
19									
20									