Runningtools.com

Running schedule 10 km half advanced

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

Running schedule 10 km half advanced (continuation)

	Datum	Ma	Di	Wo	Do	Vr	Za	Zo	Totaal
Intensive period									
12									
13									
14									
The last two weeks									
15									
16									