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# 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 | | | | | | | | | |