

## Running schedule 15 km and 10 EM beginners

maximum 4 trainings per week

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